



Filets Mignons with Orange Fennel Crust

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



98 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 5 inch beef tenderloin steaks (beef tenderloin steaks; 7 oz each)
- 4 teaspoons dijon mustard
- 0.3 cup breadcrumbs dry fine
- 0.5 teaspoon fennel seeds coarsely chopped
- 2 tablespoons olive oil
- 0.5 teaspoon orange zest fresh finely grated
- 0.8 teaspoon salt

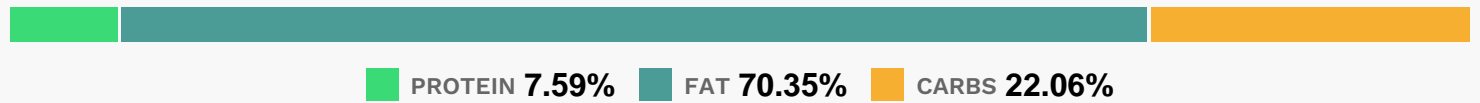
Equipment

- bowl
- frying pan
- oven
- spatula

Directions

- Put oven rack in upper third of oven and preheat oven to 500°F.
- Stir together bread crumbs, fennel seeds, zest, 1 tablespoon oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a small bowl until combined well.
- Pat steaks dry, then sprinkle all over with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Heat remaining tablespoon oil in a 12-inch heavy ovenproof skillet over moderately high heat until hot but not smoking, then sear steaks until browned well on bottom, 3 to 4 minutes.
- Remove skillet from heat and turn steaks over with a spatula.
- Spread top of each steak with 1 teaspoon mustard, then sprinkle evenly with bread crumb mixture.
- Transfer skillet to oven and roast steaks, without turning over, 5 minutes for medium-rare.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.5460869540339%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 98.02kcal (4.9%), Fat: 7.76g (11.94%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 4.77g (1.73%), Sugar: 0.49g (0.55%), Cholesterol: 2.03mg (0.68%), Sodium: 542.6mg (23.59%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.77%), Vitamin E: 1.04mg (6.96%), Manganese: 0.13mg (6.63%), Selenium: 4.39µg (6.26%), Vitamin B1: 0.08mg (5.24%), Vitamin K: 5.18µg (4.94%), Vitamin B3: 0.7mg (3.5%), Iron: 0.57mg (3.18%), Fiber: 0.71g (2.83%), Phosphorus: 24.84mg (2.48%), Vitamin B2: 0.04mg (2.11%), Calcium: 21.04mg (2.1%), Folate: 8.1µg (2.03%), Magnesium: 7.49mg (1.87%), Zinc: 0.27mg (1.8%), Vitamin B6: 0.03mg (1.69%), Copper: 0.03mg (1.49%), Potassium: 40.22mg (1.15%)