



FILLET OF BEEF MEURICE

 **Gluten Free**

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds beef tenderloin
- ☐ 0.3 cup brandy
- ☐ 8 ounces chicken liver pate
- ☐ 4 servings ghee
- ☐ 0.6 cup cup heavy whipping cream
- ☐ 1 garlic clove
- ☐ 1 tablespoon horseradish
- ☐ 1 tablespoon juice of lemon

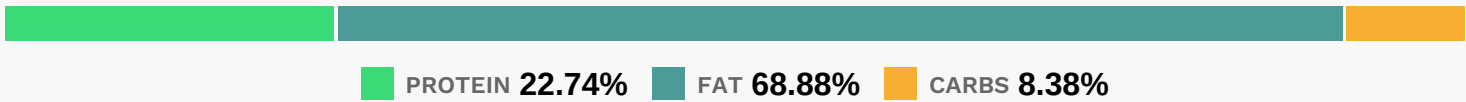
- ☐ 4 servings salt black
- ☐ 10 ounce champignons canned tinned

Equipment

Directions

- ☐ Cut the tenderloin into 8 by 1/2-inch thick slices, 2 per serving. Peel garlic clove. Measure Brandy and warm. Open champignons and drain. Measure cream. Season steaks with salt and pepper and squeeze garlic over them.
- ☐ Add clarified butter to frypan and when hot add steaks and sear both sides -- remove to a dish.
- ☐ Add champignons, pour over brandy and set alight.
- ☐ Add squeeze of lemon juice to champignons and then remove to a dish.
- ☐ Add pate to the frypan and add cream.
- ☐ Add horseradish and combine to form sauce.
- ☐ Place steaks on serving dish, pour over sauce and decorate with champignons. Accompany with green beans and stuffed tomatoes.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:31.104347659194%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 256.91kcal (12.85%), Fat: 17.44g (26.83%), Saturated Fat: 10.1g (63.13%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 3.89g (1.41%), Sugar: 2.89g (3.21%), Cholesterol: 240.19mg (80.06%), Sodium: 69.95mg (3.04%), Alcohol: 5.01g (100%), Alcohol %: 1.53% (100%), Protein: 12.96g (25.92%), Vitamin B12: 9.49µg (158.14%), Vitamin A:

6828.69IU (136.57%), Folate: 349.85µg (87.46%), Vitamin B2: 1.37mg (80.35%), Selenium: 38.88µg (55.55%), Vitamin B5: 4.7mg (47.04%), Vitamin B3: 8.12mg (40.62%), Iron: 5.54mg (30.76%), Vitamin B6: 0.58mg (29.23%), Copper: 0.52mg (25.9%), Phosphorus: 254.28mg (25.43%), Vitamin C: 14.48mg (17.55%), Vitamin B1: 0.24mg (16.1%), Zinc: 2.02mg (13.47%), Potassium: 408.84mg (11.68%), Manganese: 0.21mg (10.57%), Magnesium: 21.35mg (5.34%), Vitamin E: 0.75mg (5.02%), Vitamin D: 0.74µg (4.91%), Fiber: 0.88g (3.54%), Calcium: 35.33mg (3.53%), Vitamin K: 1.42µg (1.35%)