



Fillet of Beef with Peppercorns

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup no-salt-added beef broth undiluted canned
- 8 ounce beef tenderloin steak thick ()
- 2 tablespoons cognac
- 2 teaspoons peppercorns green divided drained
- 1 tablespoon water

Equipment

- frying pan
- sauce pan

- oven
- aluminum foil
- rolling pin
- meat tenderizer

Directions

- Crush 1 1/2 teaspoons peppercorns, using a meat mallet or rolling pin. Coat a small heavy saucepan with cooking spray; place over medium heat until hot.
- Add crushed peppercorns, and cook 1 minute.
- Add Cognac; heat just until warm. Ignite with a long match; let flames die down.
- Add beef broth; cook over high heat 5 minutes or until reduced by half. Set aside.
- Wrap handle of a small nonstick skillet with aluminum foil. Coat skillet with cooking spray; place over medium-high heat until hot.
- Add steak, and cook 2 minutes on each side. Immediately place skillet in oven.
- Bake at 400 for 5 minutes. Turn steak, and cook an additional 5 minutes or to desired degree of doneness.
- Remove skillet from oven.
- Place steak on a serving plate, and keep warm, reserving drippings in skillet.
- Add reduced broth mixture, water, and remaining 1/2 teaspoon peppercorns to drippings in skillet.
- Place over medium-high heat; bring to a boil, stirring constantly. Slice meat into 1/4-inch-thick slices. Spoon broth mixture over meat, and serve immediately.

Nutrition Facts

 **PROTEIN 53.88%**  **FAT 45.45%**  **CARBS 0.67%**

Properties

Glycemic Index:7.5, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:13.622173879458%

Nutrients (% of daily need)

Calories: 260.01kcal (13%), Fat: 10.93g (16.82%), Saturated Fat: 3.82g (23.88%), Carbohydrates: 0.36g (0.12%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0g (0%), Cholesterol: 87.83mg (29.28%), Sodium: 508.3mg (22.1%), Alcohol: 5.01g (100%), Alcohol %: 3.78% (100%), Protein: 29.16g (58.33%), Selenium: 39.95µg (57.08%), Vitamin B3: 8.3mg (41.51%), Vitamin B6: 0.79mg (39.37%), Zinc: 5.31mg (35.43%), Phosphorus: 270.65mg (27.07%), Vitamin B12: 1.56µg (25.96%), Potassium: 485.63mg (13.88%), Iron: 2.3mg (12.77%), Vitamin B2: 0.18mg (10.52%), Vitamin C: 7.63mg (9.25%), Vitamin B5: 0.9mg (8.96%), Magnesium: 30.11mg (7.53%), Vitamin B1: 0.1mg (6.46%), Copper: 0.12mg (6.08%), Folate: 16.15µg (4.04%), Calcium: 27.15mg (2.72%), Vitamin E: 0.35mg (2.34%), Vitamin K: 1.36µg (1.3%), Manganese: 0.02mg (1.04%)