



Grilled Filet Mignon



Gluten Free



Dairy Free



Low Fod Map

READY IN



17 min.

SERVINGS



4

CALORIES



1 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



24 oz beef tenderloin fillets



0.5 teaspoon kosher salt



1 teaspoon freshly cracked pepper

Equipment

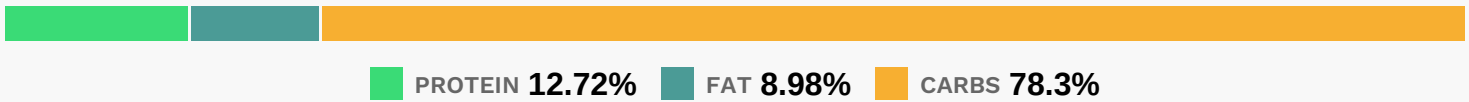


grill

Directions

- ☐
- Preheat grill to 350 to 400 (medium-high).
- ☐
- Sprinkle fillets with pepper and salt.
- ☐
- Grill, covered with grill lid, over 350 to 400 (medium-high) heat 4 to 6 minutes on each side or to desired degree of doneness.
- ☐
- Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.27434782489486%

Nutrients (% of daily need)

Calories: 1.25kcal (0.06%), Fat: 0.02g (0.03%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 290.79mg (12.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%), Manganese: 0.06mg (3.23%)