



## Grilled Filet Mignon with Chocolate Coffee BBQ Sauce

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup firmly brown sugar packed
- 1 tablespoon canola oil
- 2 tablespoons chili powder
- 1 cup hot-brewed coffee dark brewed
- 24 ounce filet mignon steaks
- 4 large garlic cloves minced
- 0.3 teaspoon ground cinnamon

- 1 teaspoon ground coriander
- 1 tablespoon ground cumin
- 0.3 cup blackstrap molasses
- 2 tablespoons olive oil
- 1 teaspoon regular paprika smoked sweet
- 0.5 cup red wine vinegar
- 4 servings salt and pepper black freshly ground
- 1 cup tomato sauce plain
- 1 tablespoon cocoa powder unsweetened
- 2 tablespoons worcestershire sauce
- 1 tablespoon mustard yellow
- 1 small or

## Equipment

- sauce pan
- blender
- grill

## Directions

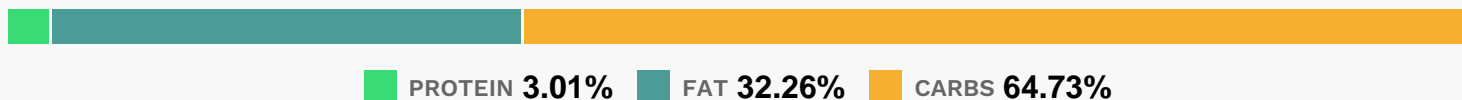
- Watch how to make this recipe.
- Preheat the grill to medium heat.
- Bring the steaks to room temperature, about 20 minutes. Rub the steaks with olive oil and season with salt and pepper, to taste. Set aside.
- In a medium-size saucepan, melt the butter and oil over medium heat.
- Add the onion and garlic and saute, stirring frequently, until softened but not browned, being careful not to burn the garlic.
- Add chili powder, cumin, coriander, cinnamon, cocoa and paprika and cook until fragrant, about 1 minute.
- Add the tomato sauce and brown sugar and cook, stirring until sugar is dissolved, about 2 minutes. Stir in the coffee, vinegar, Worcestershire sauce, molasses and mustard. Simmer

over medium–low heat until the liquid is reduced and the sauce has thickened, about 25 minutes.

You may transfer to a blender and process until smooth or leave it natural. Will keep, tightly covered, in refrigerator for up to 1 month.

Grill the steaks over medium heat until desired doneness. Arrange on serving plates and serve with bbq sauce either on top or on the side.

## Nutrition Facts



### Properties

Glycemic Index:63, Glycemic Load:8.68, Inflammation Score:-8, Nutrition Score:13.445217319157%

### Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

### Nutrients (% of daily need)

Calories: 321.8kcal (16.09%), Fat: 12.05g (18.54%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 54.39g (18.13%), Net Carbohydrates: 50.61g (18.4%), Sugar: 46.66g (51.85%), Cholesterol: 0mg (0%), Sodium: 531.13mg (23.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 26.58mg (8.86%), Protein: 2.53g (5.07%), Manganese: 0.73mg (36.63%), Vitamin A: 1519.76IU (30.4%), Vitamin E: 4.13mg (27.56%), Iron: 4.52mg (25.13%), Potassium: 812.58mg (23.22%), Magnesium: 90.74mg (22.69%), Vitamin B6: 0.37mg (18.48%), Copper: 0.33mg (16.64%), Fiber: 3.78g (15.12%), Calcium: 132.63mg (13.26%), Vitamin K: 13.35µg (12.71%), Vitamin C: 9.62mg (11.66%), Selenium: 7.49µg (10.7%), Vitamin B2: 0.16mg (9.12%), Vitamin B3: 1.65mg (8.27%), Phosphorus: 78.41mg (7.84%), Vitamin B5: 0.64mg (6.41%), Vitamin B1: 0.08mg (5.41%), Zinc: 0.69mg (4.59%), Folate: 13.59µg (3.4%)