



Grilled Filet Mignon with Gorgonzola Cream Sauce

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



1357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 slices bacon thick sliced chopped
- ☐ 32 ounce fillets beef tenderloin
- ☐ 1 pinch garlic powder
- ☐ 3 ounces gorgonzola cheese crumbled
- ☐ 4 green onions chopped
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.8 teaspoon ground pepper black

- ☐ 4 servings salt and ground pepper black to taste
- ☐ 4 cups heavy cream
- ☐ 1 pinch lemon pepper
- ☐ 1 pinch onion powder
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.8 teaspoon salt

Equipment

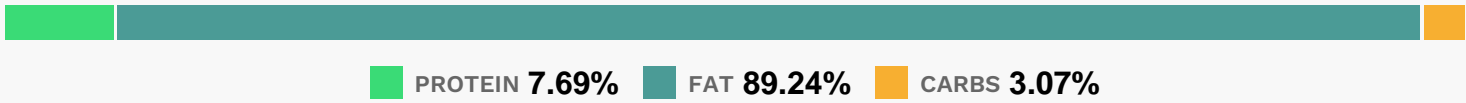
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Pour heavy cream into a saucepan and bring to a boil over medium heat. Reduce heat and simmer until the cream has reduced by half, stirring occasionally, about an hour.
- ☐ Remove from heat and whisk in the Gorgonzola cheese and Parmesan cheese, salt, pepper, and nutmeg, until the cheese has melted.
- ☐ Season the beef tenderloin with lemon pepper, garlic powder, onion powder, salt, and pepper. Set aside.
- ☐ Place the bacon in a large, deep skillet, and cook over medium-high heat, stirring occasionally, until evenly browned, about 10 minutes.
- ☐ Drain the bacon on a paper towel-lined plate.
- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Cook the steaks until they start to firm, and are reddish-pink and juicy in the center, 3 to 5 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C).

- ☐
- Remove the steaks from the grill and tent with foil to rest for 5 to 10 minutes.
- ☐
- Serve each steak with the Gorgonzola sauce and top with crumbled bacon and chopped green onion.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:0.39, Inflammation Score:-9, Nutrition Score:21.416956518007%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 1356.76kcal (67.84%), Fat: 136g (209.23%), Saturated Fat: 73.68g (460.53%), Carbohydrates: 10.55g (3.52%), Net Carbohydrates: 10.06g (3.66%), Sugar: 7.38g (8.2%), Cholesterol: 359.43mg (119.81%), Sodium: 1527.61mg (66.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.35g (52.71%), Vitamin A: 3855.67IU (77.11%), Selenium: 33.38µg (47.69%), Phosphorus: 405.89mg (40.59%), Vitamin B2: 0.64mg (37.64%), Vitamin K: 33.86µg (32.25%), Calcium: 320.11mg (32.01%), Vitamin D: 4.37µg (29.1%), Vitamin B1: 0.36mg (24.1%), Vitamin B3: 4.79mg (23.93%), Vitamin B6: 0.42mg (21%), Vitamin B12: 1.23µg (20.51%), Vitamin E: 2.8mg (18.66%), Zinc: 2.64mg (17.6%), Vitamin B5: 1.6mg (16.04%), Potassium: 544.11mg (15.55%), Magnesium: 39.51mg (9.88%), Folate: 25.38µg (6.35%), Iron: 1.01mg (5.59%), Manganese: 0.11mg (5.44%), Copper: 0.1mg (5.04%), Vitamin C: 3.74mg (4.54%), Fiber: 0.49g (1.97%)