



Grilled Fillets with Pecans and Green Bean Ravioli

READY IN



36 min.

SERVINGS



4

CALORIES



849 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz beef tenderloin fillets
- ☐ 0.5 cup butter
- ☐ 20 oz cheese-filled ravioli refrigerated
- ☐ 8 oz green beans fresh
- ☐ 1 tablespoon sage fresh chopped
- ☐ 3 garlic cloves thinly sliced
- ☐ 2 oz parmesan cheese shredded
- ☐ 0.5 cup pecans chopped

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt

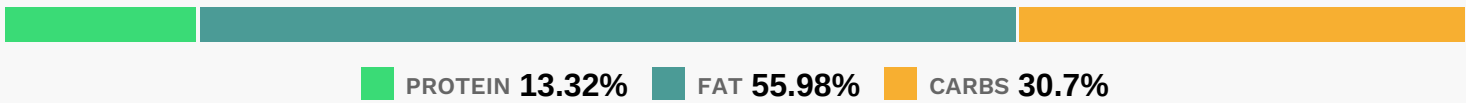
Equipment

- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ dutch oven

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Sprinkle fillets with salt and pepper. Grill, covered with grill lid, 5 to 8 minutes on each side or until a meat thermometer inserted into thickest portion registers 15
- ☐ Let stand 10 minutes.
- ☐ Cook ravioli and green beans in boiling water to cover in a Dutch oven 4 to 5 minutes or until green beans are crisp-tender.
- ☐ Drain.
- ☐ Heat pecans in a large nonstick skillet over medium-low heat, stirring often, 2 to 3 minutes or until toasted and fragrant.
- ☐ Remove from skillet; wipe skillet clean. Melt butter in skillet over medium heat.
- ☐ Add garlic, and saut 5 to 7 minutes or until garlic is caramel-colored and butter begins to brown.
- ☐ Remove from heat, and stir in sage, hot pasta mixture, and pecans.
- ☐ Sprinkle with cheese.
- ☐ Serve immediately with fillets.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:22.76, Inflammation Score:-7, Nutrition Score:19.51739122427%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 848.92kcal (42.45%), Fat: 53.44g (82.22%), Saturated Fat: 23.37g (146.07%), Carbohydrates: 65.94g (21.98%), Net Carbohydrates: 58.82g (21.39%), Sugar: 5.38g (5.98%), Cholesterol: 147.19mg (49.06%), Sodium: 1869.39mg (81.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.62g (57.24%), Copper: 4.76mg (238.23%), Iron: 16.08mg (89.36%), Manganese: 0.96mg (47.94%), Fiber: 7.11g (28.44%), Vitamin K: 27.53µg (26.22%), Calcium: 248.88mg (24.89%), Vitamin A: 1220.22IU (24.4%), Phosphorus: 168.86mg (16.89%), Magnesium: 41.02mg (10.26%), Vitamin B1: 0.15mg (10.17%), Vitamin C: 7.77mg (9.42%), Zinc: 1.23mg (8.18%), Vitamin B2: 0.14mg (8.13%), Vitamin B6: 0.15mg (7.55%), Vitamin E: 1.12mg (7.45%), Selenium: 4.66µg (6.66%), Potassium: 214.21mg (6.12%), Folate: 23.66µg (5.92%), Vitamin B12: 0.22µg (3.64%), Vitamin B5: 0.36mg (3.57%), Vitamin B3: 0.64mg (3.22%)