



Grilled Miso-Marinated Filet Mignon

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce beef tenderloin steaks trimmed
- 1 teaspoon sesame oil dark
- 2 teaspoons dijon mustard
- 3 tablespoons spring onion finely chopped
- 1 tablespoon honey
- 1 tablespoon soy sauce
- 2 tablespoons miso (soybean paste)
- 1 tablespoon rice vinegar

Equipment

- grill
- ziploc bags

Directions

- Combine first 7 ingredients in a large zip-top plastic bag.
- Add steaks to bag; turn to coat.
- Let stand at room temperature for 20 minutes, turning occasionally.
- Preheat grill to medium-high heat.
- Remove steaks from bag; discard marinade.
- Place steaks on grill rack coated with cooking spray; grill 5 minutes on each side or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:56.82, Glycemic Load:3.37, Inflammation Score:-2, Nutrition Score:13.149130458417%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 215.42kcal (10.77%), Fat: 8.34g (12.83%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 6.45g (2.35%), Sugar: 5g (5.55%), Cholesterol: 72.57mg (24.19%), Sodium: 551.93mg (24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.67g (53.34%), Selenium: 36.14µg (51.63%), Vitamin B3: 7.43mg (37.17%), Vitamin B6: 0.73mg (36.72%), Zinc: 4.8mg (31.98%), Phosphorus: 261.89mg (26.19%), Vitamin B12: 1.06µg (17.69%), Potassium: 452.34mg (12.92%), Vitamin K: 13.34µg (12.7%), Iron: 2.21mg (12.28%), Vitamin B2: 0.17mg (10.03%), Magnesium: 35.17mg (8.79%), Vitamin B5: 0.79mg (7.91%), Vitamin B1: 0.1mg (6.74%), Copper: 0.13mg (6.58%), Manganese: 0.13mg (6.32%), Folate: 21.28µg (5.32%), Calcium: 36.36mg (3.64%), Fiber: 0.72g (2.89%), Vitamin E: 0.42mg (2.78%), Vitamin A: 54.03IU (1.08%), Vitamin C: 0.88mg (1.07%)