



Kobe Pepper Filet Mignon

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 pieces beef tenderloin thick kobe-style fat trimmed (cut from small end, each)
- 4 servings peppercorn-brandy sauce green
- 2 tablespoons butter
- 4 servings kosher salt
- 2 tablespoons olive oil
- 3 tablespoons cracked pepper black
- 4 servings rosemary roasted potato wedges

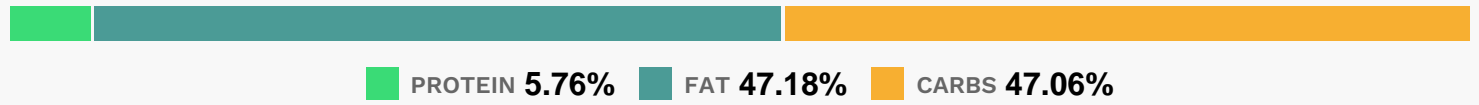
Equipment

- frying pan
- kitchen thermometer

Directions

- Rinse beef and pat dry. Season all over with salt. Put cracked black pepper on a small, rimmed plate.
- Heat olive oil and butter in a 10- to 12-inch frying pan over medium-high heat. When butter just begins to brown, press a flat side of each piece of beef into pepper to form an even crust (discard any leftover pepper); set beef, pepper side down, in pan and cook until browned on the bottom, 4 to 5 minutes. Turn pieces and cook until other sides are browned and a thermometer inserted into the center reaches 125 for rare, about 8 minutes longer, or 135 for medium-rare, 12 to 13 minutes.
- Transfer beef to warm plates and let rest for 5 minutes. Mound rosemary roasted potato wedges alongside beef. Pass green peppercorn-brandy sauce to add to taste.

Nutrition Facts



Properties

Glycemic Index:45.19, Glycemic Load:19.74, Inflammation Score:-2, Nutrition Score:10.589999984788%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 273.52kcal (13.68%), Fat: 12.96g (19.94%), Saturated Fat: 4.67g (29.16%), Carbohydrates: 29.09g (9.7%), Net Carbohydrates: 24.65g (8.96%), Sugar: 1.2g (1.34%), Cholesterol: 15.05mg (5.02%), Sodium: 248.99mg (10.83%), Alcohol: 5.01g (100%), Alcohol %: 3.43% (100%), Protein: 3.56g (7.11%), Manganese: 0.81mg (40.33%), Vitamin C: 29.55mg (35.82%), Vitamin B6: 0.46mg (22.8%), Potassium: 693.4mg (19.81%), Fiber: 4.44g (17.75%), Vitamin K: 14.92µg (14.21%), Copper: 0.23mg (11.26%), Magnesium: 42.34mg (10.59%), Phosphorus: 94.89mg (9.49%), Iron: 1.66mg (9.2%), Vitamin B1: 0.13mg (8.41%), Vitamin E: 1.23mg (8.21%), Vitamin B3: 1.64mg (8.19%), Folate: 24.98µg (6.24%), Vitamin B5: 0.51mg (5.15%), Vitamin A: 202.54IU (4.05%), Calcium: 39.81mg (3.98%), Vitamin B2: 0.06mg (3.48%), Zinc: 0.5mg (3.34%), Selenium: 0.74µg (1.06%)