



Korean-Style Filet Mignon



Gluten Free



Dairy Free



Low Fod Map

READY IN



38 min.

SERVINGS



2

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons sesame oil dark
- 10 ounce frangelico
- 2 servings pepper black freshly ground
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 cup soya sauce
- 1 tablespoon sriracha hot ()
- 0.5 cup sugar raw ()

Equipment

frying pan

oven

Directions

Preheat oven to 375 degrees F.

Begin by preparing the Korean-style glaze.

Combine the glaze ingredients and simmer gently over low heat for approximately 3 minutes, or until the sugar has dissolved.

Season both sides of the filet mignon generously with salt and pepper. In a large heavy, ovenproof skillet, heat the olive oil over medium-high heat until almost smoking.

Place the steaks in the hot pan and cook until well seared on 1 side, about 3 minutes. Turn the steaks over; there should be a nice crust on top. Then transfer the pan to the oven. Roast for 10 to 12 minutes until the steaks are cooked medium-rare (add 4 more minutes for medium). With 1 minute to go, brush steaks with the glaze.

When done remove the steaks and brush again with remaining glaze.

Transfer to a platter and cover loosely to let rest for 5 minutes and keep warm.

Nutrition Facts



PROTEIN 9.26% **FAT 47.94%** **CARBS 42.8%**

Properties

Glycemic Index:23.5, Glycemic Load:0.84, Inflammation Score:-3, Nutrition Score:8.442608743906%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 517.59kcal (25.88%), Fat: 28.14g (43.3%), Saturated Fat: 3.94g (24.61%), Carbohydrates: 56.54g (18.85%), Net Carbohydrates: 55.57g (20.21%), Sugar: 51.65g (57.39%), Cholesterol: 0mg (0%), Sodium: 6653.35mg (289.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.24g (24.47%), Manganese: 0.62mg (30.89%), Vitamin B3: 4.6mg (23%), Iron: 3.07mg (17.03%), Phosphorus: 152.17mg (15.22%), Vitamin E: 2.22mg (14.81%), Vitamin B6: 0.24mg (12.12%), Magnesium: 47.9mg (11.97%), Vitamin B2: 0.18mg (10.7%), Vitamin K: 10.65µg (10.14%), Copper: 0.16mg (8.21%), Potassium: 271.25mg (7.75%), Vitamin C: 4.86mg (5.89%), Folate: 21.29µg (5.32%), Vitamin

B1: 0.07mg (4.73%), Vitamin B5: 0.44mg (4.45%), Fiber: 0.97g (3.89%), Zinc: 0.52mg (3.48%), Calcium: 30.3mg (3.03%), Selenium: 0.93µg (1.33%)