



Lover's Beef Burgundy Filet

 **Gluten Free**

READY IN

ready

400 min.

SERVINGS

servings

8

CALORIES

calories

237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1.5 cups canola oil
- ☐ 6 ounce fillets filet mignon
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon green onions minced
- ☐ 1 teaspoon ground pepper white
- ☐ 1.5 teaspoons oregano dried
- ☐ 2 cups oyster sauce

- ☐ 1 tablespoon shallots minced
- ☐ 1.5 cups soya sauce
- ☐ 1 teaspoon burgundy wine

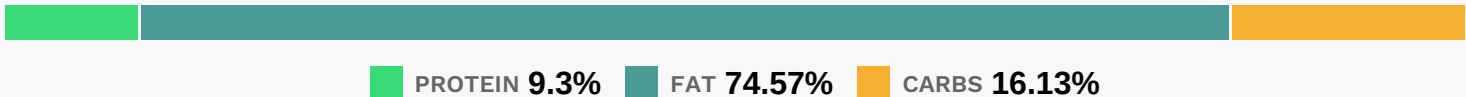
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ In a medium saucepan, mix together Burgundy wine, canola oil, soy sauce, oyster sauce, garlic and oregano. Bring to a boil, and then remove from heat.
- ☐ Place in the refrigerator 1 hour, or until chilled.
- ☐ Place filet mignon filets in a 9x13 inch baking dish, and pour the chilled marinade over them. Cover tightly with foil, and refrigerate for a minimum of 5 hours.
- ☐ In a medium bowl, cream butter and 1 teaspoon of Burgundy wine with a hand mixer.
- ☐ Mix in shallots, green onions and white pepper by hand; cover tightly, and refrigerate.
- ☐ Preheat an outdoor grill for high heat, and lightly oil grate. Preheat oven to 200 degrees F (95 degrees C).
- ☐ Grill marinated filets to desired doneness, turning once.
- ☐ Place filets in a clean 9x13 inch baking dish. Dollop with the Burgundy butter mixture, and place in the preheated oven for a minute, or until butter is melted.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:0.48, Inflammation Score:-6, Nutrition Score:5.801739078501%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 236.54kcal (11.83%), Fat: 20.12g (30.96%), Saturated Fat: 7.95g (49.68%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 8.97g (3.26%), Sugar: 0.89g (0.99%), Cholesterol: 30.5mg (10.17%), Sodium: 4105.11mg (178.48%), Alcohol: 0.06g (100%), Alcohol %: 0.05% (100%), Protein: 5.64g (11.29%), Manganese: 0.3mg (14.98%), Vitamin B3: 2.61mg (13.05%), Vitamin E: 1.87mg (12.49%), Vitamin K: 10.89µg (10.37%), Vitamin B2: 0.15mg (8.66%), Copper: 0.15mg (7.67%), Phosphorus: 76.39mg (7.64%), Iron: 1.36mg (7.57%), Vitamin A: 368.54IU (7.37%), Vitamin B6: 0.12mg (5.92%), Magnesium: 21.97mg (5.49%), Folate: 18.81µg (4.7%), Selenium: 3.23µg (4.61%), Vitamin B12: 0.26µg (4.37%), Potassium: 142.73mg (4.08%), Calcium: 40.18mg (4.02%), Fiber: 0.83g (3.31%), Vitamin B1: 0.04mg (2.41%), Vitamin B5: 0.2mg (2.02%), Zinc: 0.29mg (1.9%)