



Pan-Broiled Filet Mignons



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef broth
- ☐ 16 ounce beef tenderloin steaks ()
- ☐ 3 tablespoons peppercorns black
- ☐ 0.5 cup brandy
- ☐ 0.5 cup vermouth dry
- ☐ 3 tablespoons peppercorns dried green

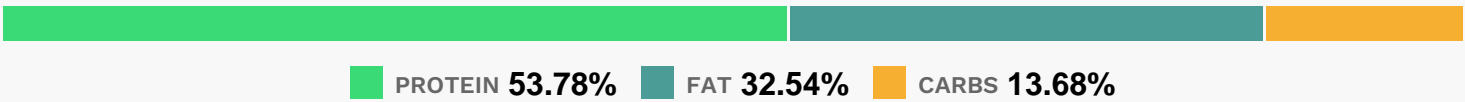
Equipment

- ☐ frying pan

Directions

- ☐ Trim fat from steaks. Firmly press peppercorns into steaks.
- ☐ Place a medium nonstick skillet over medium-high heat until hot.
- ☐ Add steaks; cook 1 minute on each side or until browned. Cook over medium-low heat 4 minutes on each side or until desired degree of doneness.
- ☐ Place steaks on a serving platter. Set aside; keep warm.
- ☐ Add vermouth and broth to skillet; bring to a boil. Cook 4 minutes or until reduced by half, scraping up brown bits in bottom of pan.
- ☐ Add brandy. Bring to a boil, and cook 4 minutes or until reduced by half.
- ☐ Serve steaks with sauce.
- ☐ Note: This recipe can be havled easily to serve

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.93, Inflammation Score:-4, Nutrition Score:15.418695618277%

Nutrients (% of daily need)

Calories: 285.65kcal (14.28%), Fat: 7.03g (10.82%), Saturated Fat: 2.62g (16.39%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 4.75g (1.73%), Sugar: 0.05g (0.05%), Cholesterol: 72.57mg (24.19%), Sodium: 404.37mg (17.58%), Alcohol: 12.87g (100%), Alcohol %: 7.42% (100%), Protein: 26.16g (52.32%), Selenium: 35.16µg (50.23%), Manganese: 0.98mg (48.87%), Vitamin B3: 7.59mg (37.95%), Vitamin B6: 0.73mg (36.52%), Zinc: 4.6mg (30.69%), Phosphorus: 253.95mg (25.4%), Vitamin B12: 1.08µg (17.93%), Potassium: 517.9mg (14.8%), Iron: 2.61mg (14.48%), Vitamin K: 13.64µg (12.99%), Magnesium: 39.51mg (9.88%), Copper: 0.19mg (9.61%), Vitamin B2: 0.15mg (9.11%), Vitamin B5: 0.85mg (8.46%), Fiber: 1.9g (7.59%), Vitamin B1: 0.09mg (6.29%), Calcium: 59.97mg (6%), Folate: 16.62µg (4.15%), Vitamin E: 0.43mg (2.86%)