



Pan Fried Filets with Mushroom Sauce

 **Gluten Free**

READY IN



30 min.

SERVINGS



4

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce frangelico
- ☐ 4 servings pepper fresh black to taste
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 8 ounce mushrooms drained chopped canned
- ☐ 0.3 cup onion minced
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons strawberry jelly
- ☐ 0.3 cup butter unsalted softened

☐ 5 tablespoons whipped cream

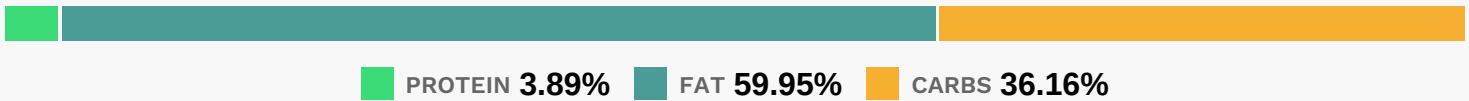
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Mince mushrooms, then mix with butter, minced onion, salt, and pepper in a small bowl. Reserve half of butter mixture, and divide other half over the 4 filets.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Place steaks, butter side down, in hot skillet.
- ☐ Spread remaining butter mixture over steaks. Cook to desired doneness, turning once.
- ☐ Transfer filets to a plate, cover loosely with foil, and keep warm.
- ☐ Return skillet to medium-high heat. Stir in reserved mushroom liquid, and scrape up any browned bits from the bottom of pan.
- ☐ Add jelly and lemon juice, and simmer until liquid is reduced by half. Stir in ice cream, and cook until sauce is thickened, about 2 minutes.
- ☐ Pour over filets, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:8.39, Inflammation Score:-4, Nutrition Score:4.0826087153476%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 200.25kcal (10.01%), Fat: 13.73g (21.12%), Saturated Fat: 8.57g (53.57%), Carbohydrates: 18.63g (6.21%), Net Carbohydrates: 16.78g (6.1%), Sugar: 12.97g (14.41%), Cholesterol: 38.64mg (12.88%), Sodium: 407.89mg (17.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Vitamin A: 433.15IU (8.66%), Copper: 0.16mg (8.01%), Fiber: 1.85g (7.41%), Phosphorus: 66.19mg (6.62%), Vitamin B5: 0.6mg (6%), Vitamin B3: 0.95mg (4.75%), Selenium: 3.16µg (4.51%), Vitamin B2: 0.08mg (4.44%), Vitamin B1: 0.06mg (4.25%), Manganese: 0.08mg (4.15%), Potassium: 141.48mg (4.04%), Calcium: 39.17mg (3.92%), Zinc: 0.58mg (3.84%), Magnesium: 13.19mg (3.3%), Iron: 0.57mg (3.19%), Vitamin B6: 0.06mg (2.97%), Folate: 11.85µg (2.96%), Vitamin C: 2.41mg (2.92%), Vitamin E: 0.41mg (2.75%), Vitamin D: 0.36µg (2.42%), Vitamin B12: 0.1µg (1.6%), Vitamin K: 1.25µg (1.19%)