



Pan-Seared Filet Mignon

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

READY IN



24 min.

SERVINGS



4

CALORIES



113 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 oz beef tenderloin fillets
- 2 tablespoons butter
- 0.5 teaspoon kosher salt
- 2 tablespoons olive oil
- 1 teaspoon freshly cracked pepper

Equipment

- frying pan

Directions

- Sprinkle fillets with pepper and salt.
- Melt butter with olive oil in a large stainless steel or cast-iron skillet over medium heat.
- Add fillets, and cook 5 to 7 minutes on each side or to desired degree of doneness.
- Let stand 5 minutes.

Nutrition Facts

PROTEIN 0.38% **FAT 98.5%** **CARBS 1.12%**

Properties

Glycemic Index:20.5, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:1.0178261015402%

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

Nutrients (% of daily need)

Calories: 113.32kcal (5.67%), Fat: 12.69g (19.53%), Saturated Fat: 4.57g (28.57%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.2g (0.07%), Sugar: 0.01g (0.01%), Cholesterol: 15.05mg (5.02%), Sodium: 335.93mg (14.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Vitamin E: 1.18mg (7.84%), Vitamin K: 5.52µg (5.26%), Vitamin A: 177.66IU (3.55%), Manganese: 0.06mg (3.23%)