



Pan-Seared Filet Mignon with Red Bell Pepper, Tomato, and Basil Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons butter
- ☐ 0.5 cup wine dry white
- ☐ 64 ounce frangelico (each)
- ☐ 0.8 cup basil fresh chopped
- ☐ 14.5 ounce chicken broth canned
- ☐ 8 servings olive oil
- ☐ 1.3 pounds plum tomatoes halved lengthwise

- ☐ 2 large bell pepper red halved lengthwise seeded
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 4 large shallots minced
- ☐ 0.3 cup water

Equipment

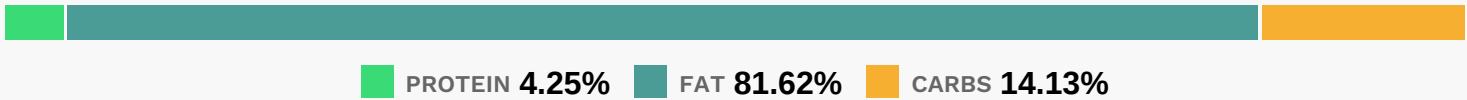
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Brush large baking sheet with oil.
- ☐ Place tomatoes and bell peppers, cut side down, on prepared sheet. Broil until tomatoes and peppers begin to char and blister, about 5 minutes. Cool. Peel skins from 1 pepper half, then cut into thin strips; set aside. Chop tomatoes and remaining peppers (do not peel).
- ☐ Melt 1 tablespoon butter in large nonstick skillet over medium heat.
- ☐ Add shallots and sauté until tender, about 4 minutes.
- ☐ Add broth and wine; bring to boil.
- ☐ Add chopped tomatoes, chopped bell peppers, 1/2 cup basil, and crushed red pepper. Boil mixture gently until reduced to 2 cups, stirring occasionally, about 15 minutes. Cool slightly. Puree mixture in blender until smooth.
- ☐ Pour into strainer set over bowl, pressing on solids to extract as much liquid as possible; set aside. (Sauce can be made 1 day ahead. Cover and chill.)
- ☐ Heat heavy large skillet (preferably cast iron) over high heat.

- ☐ Sprinkle steaks with salt and pepper. Working in batches, add steaks to hot dry skillet and cook about 4 minutes per side for medium-rare.
- ☐ Transfer to platter; cover to keep warm.
- ☐ Add 1/4 cup water to skillet; stir to scrape up browned bits.
- ☐ Add sauce to skillet; reduce heat and simmer until heated through, about 4 minutes.
- ☐ Remove from heat.
- ☐ Whisk in remaining 4 tablespoons butter, then remaining 1/4 cup basil. Season sauce with salt and pepper.
- ☐ Place 1 steak on each of 8 plates.
- ☐ Drizzle sauce over.
- ☐ Garnish steaks with reserved pepper strips and serve.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:1.83, Inflammation Score:-9, Nutrition Score:11.522173719562%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 240.31kcal (12.02%), Fat: 21.71g (33.41%), Saturated Fat: 6.57g (41.07%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 6.27g (2.28%), Sugar: 4.8g (5.34%), Cholesterol: 18.81mg (6.27%), Sodium: 81.9mg (3.56%), Alcohol: 1.54g (100%), Alcohol %: 0.44% (100%), Protein: 2.54g (5.08%), Vitamin C: 63.6mg (77.09%), Vitamin A: 2249IU (44.98%), Vitamin K: 26.28µg (25.03%), Vitamin E: 3.32mg (22.13%), Vitamin B6: 0.24mg (11.91%), Manganese: 0.21mg (10.44%), Potassium: 362.39mg (10.35%), Folate: 35.72µg (8.93%), Fiber: 2.19g (8.76%), Vitamin B3: 1.61mg (8.03%), Phosphorus: 57.02mg (5.7%), Copper: 0.1mg (4.88%), Magnesium: 19.23mg (4.81%), Iron: 0.84mg (4.66%), Vitamin B2: 0.07mg (4.37%), Vitamin B1: 0.06mg (3.88%), Vitamin B5: 0.25mg (2.51%), Zinc:

0.37mg (2.5%), Calcium: 24.84mg (2.48%), Vitamin B12: 0.07µg (1.1%)