



Pan-Seared Steak Au Poivre

 **Gluten Free**  **Very Healthy**  **Low Fod Map**

READY IN



15 min.

SERVINGS



4

CALORIES



828 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup beef broth
- 2 tablespoons butter
- 4 small filets
- 1 tablespoon olive oil
- 1 tablespoon peppercorns black

Equipment

- frying pan
- paper towels

whisk

stove

Directions

Pat each filet mignon dry with paper towels, then sprinkle each side with the pepper.

Heat a heavy skillet, preferably cast iron, on the stovetop over medium-high heat until a few drops of water dance across the surface.

Add the oil, then the steaks, and cook 3 to 4 minutes, adjusting the heat as necessary so that the oil stays hot but does not smoke. Turn the steaks and cook until small drops of red juice come to the surface of the meat, about 5 minutes for medium.

Remove to a platter and keep warm.

Increase the heat to high.

Add the beef broth to the skillet and scrape up any browned bits from the bottom.

Pour in the cognac, if using, and boil 1 to 2 minutes to burn off the alcohol.

Remove skillet from heat.

Whisk in the butter, 1/2 tablespoon at a time, until melted.

Pour the sauce over the steaks.

Nutrition Facts

PROTEIN 81.65% **FAT 17.53%** **CARBS 0.82%**

Properties

Glycemic Index:20.5, Glycemic Load:0.31, Inflammation Score:-9, Nutrition Score:43.842174022094%

Nutrients (% of daily need)

Calories: 827.51kcal (41.38%), Fat: 15.35g (23.62%), Saturated Fat: 5.33g (33.3%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 0.98g (0.36%), Sugar: 0.02g (0.02%), Cholesterol: 402.05mg (134.02%), Sodium: 643.18mg (27.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 160.95g (321.9%), Selenium: 298.3µg (426.15%), Phosphorus: 1836.53mg (183.65%), Vitamin B12: 8.22µg (137.05%), Vitamin B6: 2.22mg (110.77%), Potassium: 3768.14mg (107.66%), Vitamin B3: 18.83mg (94.16%), Magnesium: 293.02mg (73.25%), Vitamin D: 8.1µg (54%), Vitamin B1: 0.69mg (45.84%), Vitamin E: 6.45mg (43.02%), Vitamin B2: 0.6mg (35.19%), Zinc: 4.09mg (27.24%), Manganese: 0.46mg (22.84%), Iron: 3.73mg (20.75%), Folate: 64.24µg (16.06%), Calcium: 158.59mg (15.86%), Vitamin B5: 1.43mg (14.26%), Copper: 0.29mg (14.26%), Vitamin A: 548.6IU (10.97%), Vitamin C: 9mg (10.91%),

Vitamin K: 7.59µg (7.23%), Fiber: 0.63g (2.53%)