



Pepper-Crusted Filet Mignon with Horseradish Cream

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce beef tenderloin steaks trimmed (3/)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon butter
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon horseradish prepared
- ☐ 0.5 teaspoon sea salt
- ☐ 0.3 cup cup heavy whipping cream fat-free sour

Equipment

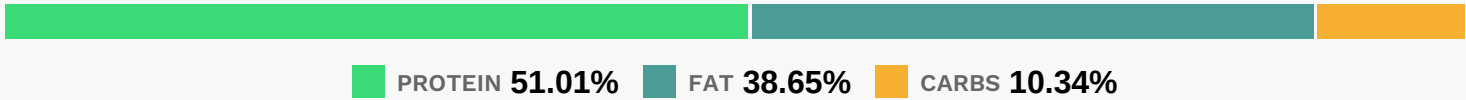
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frying pan

Directions

- ☐
- Sprinkle both sides of steaks with salt and pepper.
- ☐
- Melt butter in a nonstick skillet coated with cooking spray over medium heat.
- ☐
- Add steaks; cook 3 minutes on each side or until desired degree of doneness.
- ☐
- Sprinkle steaks evenly with garlic; cook 1 minute on each side over medium-low heat.
- ☐
- Combine sour cream and horseradish; serve with steaks.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:12.4599999950036%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 210.49kcal (10.52%), Fat: 8.78g (13.5%), Saturated Fat: 3.78g (23.6%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 5.15g (1.87%), Sugar: 0.23g (0.26%), Cholesterol: 80.54mg (26.85%), Sodium: 705.91mg (30.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.06g (52.13%), Selenium: 36.4µg (52%), Vitamin B6: 0.73mg (36.57%), Vitamin B3: 7.31mg (36.53%), Zinc: 4.68mg (31.2%), Phosphorus: 267.99mg (26.8%), Vitamin B12: 1.15µg (19.09%), Potassium: 451.65mg (12.9%), Vitamin B2: 0.18mg (10.6%), Iron: 1.87mg (10.42%), Magnesium: 30.16mg (7.54%), Vitamin B5: 0.75mg (7.51%), Calcium: 66.37mg (6.64%), Vitamin B1: 0.1mg (6.59%), Copper: 0.1mg (4.99%), Folate: 18.78µg (4.69%), Manganese: 0.07mg (3.63%), Vitamin E: 0.41mg (2.76%), Vitamin A: 137.32IU (2.75%), Vitamin K: 1.99µg (1.89%)