



Peppercorn-Crusted Filet Mignon with Port Jus



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 1 tablespoon butter chilled cut into small pieces
- ☐ 0.5 cup less-sodium beef broth fat-free
- ☐ 2 teaspoons cracked pepper black
- ☐ 0.5 cup port sweet
- ☐ 0.3 teaspoon salt

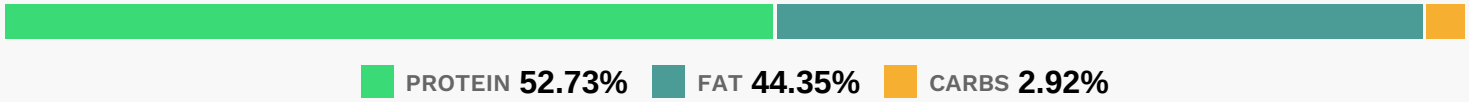
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a cast-iron skillet over medium-high heat. Rub pepper evenly over the steaks.
- ☐ Sprinkle salt over bottom of pan.
- ☐ Add steaks to pan; cook 2 minutes on each side or until browned.
- ☐ Remove steaks from pan; set aside.
- ☐ Stir in port and broth, scraping pan to loosen browned bits. Reduce heat to medium. Return steaks to pan; cook 2 minutes on each side or until desired degree of doneness.
- ☐ Remove steaks from pan. Reduce liquid to 1/4 cup.
- ☐ Remove pan from heat.
- ☐ Add butter to pan; stir with a whisk until melted.
- ☐ Drizzle sauce over steaks.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:12.240869475448%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

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Nutrients (% of daily need)

Calories: 222.81kcal (11.14%), Fat: 9.6g (14.76%), Saturated Fat: 4.3g (26.86%), Carbohydrates: 1.42g (0.47%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.19g (0.22%), Cholesterol: 80.1mg (26.7%), Sodium: 286.62mg (12.46%), Alcohol: 3.18g (100%), Alcohol %: 2.26% (100%), Protein: 25.67g (51.34%), Selenium: 34.73µg (49.62%), Vitamin B3: 7.35mg (36.73%), Vitamin B6: 0.73mg (36.27%), Zinc: 4.56mg (30.4%), Phosphorus: 246.32mg (24.63%), Vitamin B12: 1.06µg (17.68%), Potassium: 513.69mg (14.68%), Iron: 2.05mg (11.4%), Manganese: 0.18mg (9%), Vitamin B2: 0.15mg (8.59%), Magnesium: 31.47mg (7.87%), Vitamin B5: 0.76mg (7.62%), Vitamin B1: 0.09mg (5.78%), Copper: 0.1mg (5.14%), Folate: 15.32µg (3.83%), Calcium: 32.71mg (3.27%), Vitamin K: 3.36µg (3.2%), Vitamin E: 0.44mg (2.95%), Vitamin A: 93.54IU (1.87%), Fiber: 0.25g (1.01%)