



WHATSheATE



Petite Filet with Gorgonzola and Porcini Mushroom Sauce



Gluten Free

READY IN



35 min.

SERVINGS



1

CALORIES



1434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce petite filet of beef
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pinch pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 1 cup porcini mushrooms dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 teaspoon thyme leaves fresh chopped

- ☐ 3 tablespoons gorgonzola
- ☐ 0.5 cup mayonnaise
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 pinch salt
- ☐ 2 tablespoons shallots sliced

Equipment

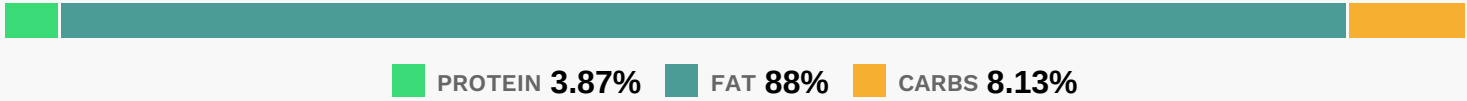
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Sprinkle both sides of the beef with salt and pepper.
- ☐ Heat the olive oil in an oven-safe medium skillet over high heat. When the oil is hot, carefully place the filet in the pan. Cook until browned on both sides, about 3 to 4 minutes a side.
- ☐ Transfer the steak to the oven and bake until a meat thermometer reads 130 degrees F. for medium-rare, about 5 to 6 minutes.
- ☐ Remove the beef from the oven and let rest for 5 minutes.
- ☐ Heat the olive oil in a medium skillet over medium heat.
- ☐ Add the mushrooms and the shallots and cook until golden brown and tender, about 5 minutes.
- ☐ Add the thyme, white wine, salt, and pepper and continue to cook until all of the liquid has evaporated, about 5 more minutes.
- ☐ Meanwhile, put the Gorgonzola, mayonnaise, and mustard in a food processor and combine until smooth.

- ☐
- Transfer the Gorgonzola mixture to the skillet with mushrooms and shallots. Gently stir the cheese mixture into the mushroom mixture.
- ☐
- Slice the beef and serve topped with a dollop of the cheese sauce. Reserve leftover sauce for another use.

Nutrition Facts



Properties

Glycemic Index:263, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:29.028695666272%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1434.2kcal (71.71%), Fat: 138.35g (212.85%), Saturated Fat: 26.85g (167.82%), Carbohydrates: 28.78g (9.59%), Net Carbohydrates: 24.28g (8.83%), Sugar: 3.69g (4.1%), Cholesterol: 78.54mg (26.18%), Sodium: 1879.51mg (81.72%), Alcohol: 6.18g (100%), Alcohol %: 1.84% (100%), Protein: 13.67g (27.35%), Vitamin K: 210.31µg (200.29%), Copper: 1.53mg (76.38%), Vitamin B5: 7.16mg (71.62%), Vitamin E: 9.86mg (65.72%), Selenium: 23.6µg (33.72%), Vitamin B2: 0.56mg (33.18%), Manganese: 0.6mg (30.14%), Phosphorus: 299.65mg (29.96%), Calcium: 261.31mg (26.13%), Zinc: 3.66mg (24.39%), Vitamin B6: 0.46mg (23%), Vitamin B3: 4.55mg (22.76%), Potassium: 697.04mg (19.92%), Folate: 75.11µg (18.78%), Fiber: 4.51g (18.03%), Magnesium: 64.58mg (16.15%), Iron: 1.98mg (10.98%), Vitamin B12: 0.65µg (10.78%), Vitamin D: 1.53µg (10.17%), Vitamin A: 495.91IU (9.92%), Vitamin B1: 0.13mg (8.9%), Vitamin C: 5.8mg (7.03%)