



Porcini-Crusted Filet Mignon with Fresh Herb Butter

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup butter room temperature ()
- ☐ 0.5 ounce the following: parmesan rind) dried
- ☐ 6 frangelico 1-inch-thick
- ☐ 3 tablespoons chives fresh chopped
- ☐ 1.5 tablespoons tarragon fresh chopped
- ☐ 1 small garlic clove pressed

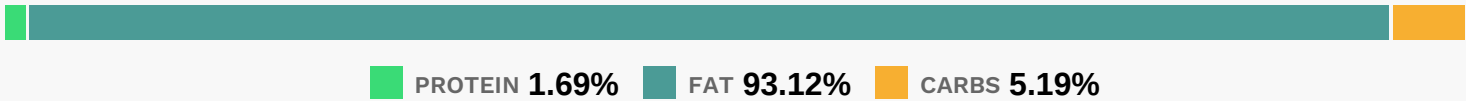
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix first 4 ingredients in small bowl for herb butter. Season butter to taste with salt and pepper. Process dried porcini mushrooms in spice grinder to fine powder.
- ☐ Transfer powder to plate.
- ☐ Sprinkle steaks with salt and pepper. Press steaks into porcini powder to coat both sides well.
- ☐ Melt 2 tablespoons herb butter in heavy large nonstick skillet over medium heat.
- ☐ Add steaks to skillet and cook to desired doneness, about 6 minutes per side for medium-rare.
- ☐ Transfer steaks to plates. Spoon rounded tablespoon of herb butter atop each steak and serve.
- ☐ One serving contains the following: 538.19 Calories (kcal), 72.1% Calories from
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:0.59, Inflammation Score:-5, Nutrition Score:3.7213043155877%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 216.8kcal (10.84%), Fat: 23.18g (35.65%), Saturated Fat: 14.63g (91.41%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.46g (0.89%), Sugar: 0.1g (0.11%), Cholesterol: 61.01mg (20.34%), Sodium: 183.97mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.89%), Vitamin A: 847.93IU (16.96%), Manganese: 0.18mg (9.06%), Copper: 0.14mg (6.89%), Vitamin B5: 0.56mg (5.56%), Vitamin K: 5.19µg (4.94%), Vitamin E: 0.66mg (4.41%), Vitamin B2: 0.07mg (3.84%), Vitamin B6: 0.07mg (3.7%), Iron: 0.64mg (3.58%), Calcium: 29.29mg (2.93%), Potassium: 102.35mg (2.92%), Folate: 11.09µg (2.77%), Magnesium: 10.51mg (2.63%), Vitamin B3: 0.51mg (2.57%),

Vitamin C: 1.99mg (2.41%), Selenium: 1.53µg (2.19%), Phosphorus: 20.87mg (2.09%), Zinc: 0.29mg (1.93%), Fiber: 0.45g (1.8%)