



Seared Filet with Mixed Herbs and Lemon



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks ()
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 small garlic clove minced
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 teaspoon juice of lemon fresh

- ☐ 1 tablespoon lemon rind grated
- ☐ 1 tablespoon olive oil

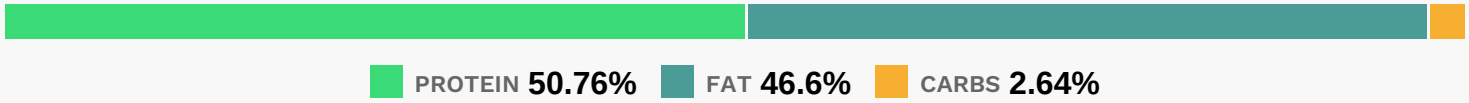
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large cast-iron skillet over high heat.
- ☐ Sprinkle steaks evenly with 1/4 teaspoon salt and pepper.
- ☐ Add steaks to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove steaks from pan; let stand 5 minutes.
- ☐ While steaks rest, combine remaining 1/4 teaspoon salt, chopped parsley, and remaining ingredients; serve over steaks.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:14.217826159104%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg, Apigenin: 4.36mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 204.32kcal (10.22%), Fat: 10.31g (15.87%), Saturated Fat: 3g (18.73%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.12g (0.13%), Cholesterol: 72.57mg (24.19%), Sodium: 354.79mg (15.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.28g (50.55%), Selenium: 34.71µg (49.59%), Vitamin B3: 7.34mg (36.72%), Vitamin B6: 0.73mg (36.39%), Vitamin K: 36.49µg (34.75%), Zinc: 4.57mg (30.5%), Phosphorus: 241.97mg (24.2%), Vitamin B12: 1.05µg (17.58%), Iron: 2.34mg (12.98%), Potassium: 434.96mg (12.43%), Vitamin C: 8.22mg (9.97%), Vitamin B2: 0.15mg (8.66%), Magnesium: 31.05mg (7.76%), Vitamin B5: 0.77mg (7.67%), Vitamin B1:

0.09mg (5.97%), Vitamin E: 0.88mg (5.85%), Vitamin A: 267.82IU (5.36%), Copper: 0.11mg (5.3%), Folate: 19.6µg (4.9%), Calcium: 40.59mg (4.06%), Manganese: 0.08mg (4%), Fiber: 0.59g (2.37%)