



Skillet Filets Mignons

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 36 ounce beef tenderloin steaks
- 0.3 cup butter divided
- 0.5 cup cooking sherry dry
- 1 leaf garnish: flat parsley sprigs fresh
- 8 ounce mushrooms fresh thinly sliced
- 1 tablespoon olive oil
- 1 teaspoon pepper freshly ground
- 1 teaspoon salt

0.5 cup whipping cream

Equipment

frying pan

Directions

- Sprinkle beef evenly with salt and freshly ground pepper.
- Melt 2 tablespoons butter with oil in a large skillet over medium-high heat; add steaks, and cook 8 minutes. Turn and cook 5 more minutes or to desired degree of doneness.
- Remove steaks from skillet, reserving drippings in pan. Keep steaks warm.
- Melt remaining 2 tablespoons butter in skillet over medium-high heat; add mushrooms, and saut 3 to 4 minutes.
- Remove mushrooms from skillet.
- Add sherry and cream to skillet; cook, stirring constantly, over high heat 1 to 2 minutes or until thickened. Stir in mushrooms.
- Serve mixture over beef; garnish, if desired.
- *1/4 cup beef broth may be substituted.

Nutrition Facts

 **PROTEIN 38.05%**  **FAT 59.41%**  **CARBS 2.54%**

Properties

Glycemic Index:18.5, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:20.8899999949414%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 433.42kcal (21.67%), Fat: 27.33g (42.05%), Saturated Fat: 10.21g (63.84%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 2.16g (0.78%), Sugar: 1.52g (1.69%), Cholesterol: 131.27mg (43.76%), Sodium: 578.78mg (25.16%), Alcohol: 2.06g (100%), Alcohol %: 1% (100%), Protein: 39.39g (78.79%), Selenium: 56.03µg (80.04%), Vitamin B3: 12.31mg (61.53%), Vitamin B6: 1.12mg (55.81%), Zinc: 7.03mg (46.85%), Phosphorus: 405.91mg (40.59%), Vitamin B12: 1.64µg (27.3%), Vitamin B2: 0.4mg (23.37%), Potassium: 764.82mg (21.85%), Vitamin B5: 1.74mg (17.41%), Iron: 3.04mg (16.91%), Vitamin A: 645.74IU (12.91%), Copper: 0.26mg (12.87%), Magnesium: 46.86mg (11.71%), Vitamin B1: 0.16mg (10.86%), Vitamin E: 1.35mg (8.98%), Folate: 29.94µg (7.48%), Vitamin K: 7.44µg (7.09%), Calcium: 58.25mg (5.83%), Manganese: 0.1mg (5.19%), Vitamin D: 0.39µg (2.62%), Fiber: 0.47g (1.87%), Vitamin C: 1.15mg (1.4%)