



Sliced Filet Mignon with Fava Beans, Radishes, and Mustard Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon canola oil
- ☐ 2 teaspoons dijon mustard country-style
- ☐ 2 cups avarakkai / broad beans fresh frozen thawed (from 2 pounds pods)
- ☐ 20 ounce filet mignon steaks
- ☐ 0.3 cup herbs fresh such as tarragon, basil, thyme, and parsley chopped

- ☐ 0.3 cup goat's milk feta cheese crumbled
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 10 medium radishes very thinly sliced

Equipment

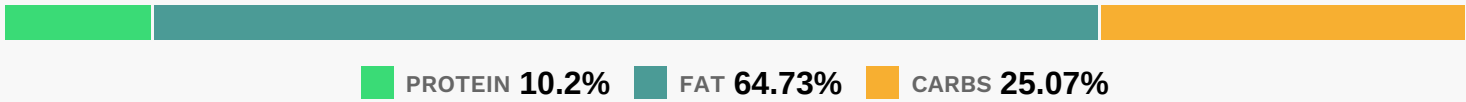
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ cutting board

Directions

- ☐ Whisk vinegar and mustard in small bowl. Gradually whisk in olive oil. Season to taste with salt and pepper. (Dressing can be made 1 day ahead. Cover and chill.)
- ☐ Cook fava beans in large pot of boiling salted water until tender, about 2 minutes.
- ☐ Transfer to bowl of ice water to cool.
- ☐ Drain and peel (if using fresh).
- ☐ Transfer to paper towels to dry.
- ☐ Place fava beans, radishes, herbs, and dressing in medium bowl; toss to coat. Season with salt and pepper.
- ☐ Let salad stand at room temperature at least 20 minutes and up to 1 hour.
- ☐ Melt butter with canola oil in heavy large skillet over high heat.
- ☐ Sprinkle steaks with salt and pepper.
- ☐ Add steaks to skillet and cook to desired doneness, about 4 minutes per side for medium-rare.
- ☐ Transfer to cutting board; let stand 10 minutes.
- ☐ Cut each steak into 3 slices.
- ☐ Divide salad among 4 plates. Arrange 1 sliced steak atop each salad.

Sprinkle some of cheese over each and serve.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:7.17, Inflammation Score:-6, Nutrition Score:11.829565145399%

Flavonoids

Pelargonidin: 6.31mg, Pelargonidin: 6.31mg, Pelargonidin: 6.31mg, Pelargonidin: 6.31mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 289.74kcal (14.49%), Fat: 21.14g (32.53%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 13.44g (4.89%), Sugar: 2.75g (3.06%), Cholesterol: 9.76mg (3.25%), Sodium: 71.25mg (3.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.5g (15%), Vitamin K: 75.06µg (71.49%), Folate: 97.08µg (24.27%), Manganese: 0.41mg (20.64%), Fiber: 4.98g (19.93%), Vitamin E: 2.71mg (18.04%), Phosphorus: 137.43mg (13.74%), Copper: 0.24mg (12.14%), Magnesium: 44.1mg (11.03%), Iron: 1.69mg (9.39%), Potassium: 326.29mg (9.32%), Vitamin A: 458.85IU (9.18%), Vitamin C: 7mg (8.48%), Calcium: 68.86mg (6.89%), Vitamin B1: 0.1mg (6.77%), Zinc: 1.01mg (6.74%), Vitamin B2: 0.11mg (6.71%), Selenium: 3.45µg (4.94%), Vitamin B6: 0.08mg (4.14%), Vitamin B3: 0.75mg (3.75%), Vitamin B5: 0.24mg (2.39%), Vitamin D: 0.26µg (1.76%)