



WHATSheATE



Spiced Pepper-Crusted Filet Mignon with Asparagus



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces asparagus fresh trimmed
- ☐ 16 ounce beef tenderloin steaks ()
- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 teaspoons brandy
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon olive oil
- ☐ 1 tablespoon cracked pepper black

☐

0.5 teaspoon salt divided

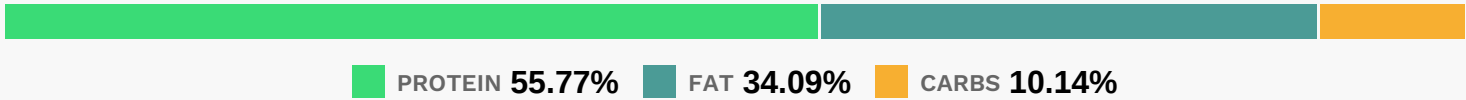
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine minced garlic, olive oil, 1/4 teaspoon salt, and asparagus in a large bowl, tossing gently to coat.
- ☐ Combine 1/4 teaspoon salt, pepper, brandy, and garlic powder; rub evenly over steaks.
- ☐ Place steaks on a broiler pan coated with cooking spray; broil 6 minutes. Turn steaks over; add asparagus to pan. Broil 5 minutes or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:18.647825883782%

Flavonoids

Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.91mg, Quercetin: 11.91mg, Quercetin: 11.91mg, Quercetin: 11.91mg

Nutrients (% of daily need)

Calories: 201.9kcal (10.1%), Fat: 7.38g (11.36%), Saturated Fat: 2.61g (16.32%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 2.72g (0.99%), Sugar: 1.63g (1.81%), Cholesterol: 72.57mg (24.19%), Sodium: 355.53mg (15.46%), Alcohol: 0.83g (100%), Alcohol %: 0.52% (100%), Protein: 27.18g (54.37%), Selenium: 36.88µg (52.69%), Vitamin B3: 8.13mg (40.64%), Vitamin B6: 0.81mg (40.44%), Vitamin K: 39.52µg (37.64%), Zinc: 5.01mg (33.38%), Phosphorus: 287.16mg (28.72%), Iron: 3.83mg (21.27%), Manganese: 0.36mg (18.2%), Vitamin B12: 1.05µg (17.58%), Potassium: 602.76mg (17.22%), Vitamin B2: 0.26mg (15.2%), Folate: 59.44µg (14.86%), Vitamin B1: 0.21mg (14.1%), Copper:

0.27mg (13.67%), Vitamin A: 651.28IU (13.03%), Magnesium: 41.16mg (10.29%), Vitamin B5: 1mg (9.99%), Vitamin E: 1.4mg (9.36%), Fiber: 2.23g (8.9%), Vitamin C: 5.16mg (6.25%), Calcium: 54.75mg (5.47%)