



Spicy Filet Mignon with Grilled Sweet Onion

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



124 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon pepper black
- ☐ 16 ounce filets mignons
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.1 teaspoon salt

- ☐ 0.3 teaspoon salt
- ☐ 2 cups vidalia sweet vertically sliced

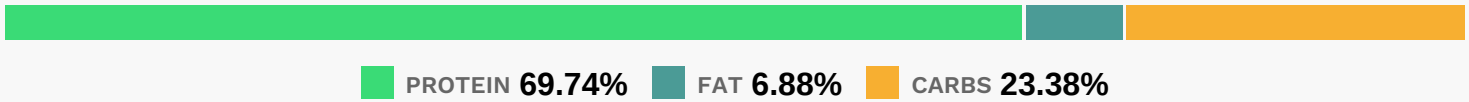
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon black pepper. Cook 8 minutes or until browned, stirring occasionally.
- ☐ Remove from pan; keep warm.
- ☐ Combine garlic powder and next 5 ingredients (through black pepper) in a small bowl; sprinkle over both sides of beef.
- ☐ Add beef to pan. Grill 5 minutes on each side or until desired degree of doneness.
- ☐ Serve with onion mixture.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:10.154347699621%

Flavonoids

Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg

Nutrients (% of daily need)

Calories: 123.54kcal (6.18%), Fat: 0.92g (1.42%), Saturated Fat: 0.16g (1.03%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 6.06g (2.2%), Sugar: 4.06g (4.52%), Cholesterol: 48.76mg (16.25%), Sodium: 286.66mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.06g (42.12%), Selenium: 38.16µg (54.51%), Phosphorus: 257.18mg (25.72%), Vitamin B6: 0.4mg (20.08%), Vitamin B12: 1.03µg (17.2%), Potassium: 585.16mg (16.72%), Vitamin B3: 2.49mg (12.44%), Magnesium: 46.17mg (11.54%), Vitamin B1: 0.12mg (8.32%), Folate: 27.47µg (6.87%), Vitamin D: 1.02µg (6.8%), Manganese: 0.13mg (6.65%), Vitamin C: 5.1mg (6.19%), Vitamin E: 0.84mg (5.6%), Vitamin B2: 0.09mg (5.55%), Iron: 0.97mg (5.38%), Zinc: 0.66mg (4.41%), Copper: 0.09mg (4.37%), Calcium: 42.21mg (4.22%), Fiber: 1g (4.01%), Vitamin B5: 0.26mg (2.62%), Vitamin K: 2.33µg (2.22%), Vitamin A: 106.62IU (2.13%)