



Steak Diane



Gluten Free



Popular

READY IN



20 min.

SERVINGS



2

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup beef stock
- ☐ 0.3 cup brandy
- ☐ 1 tablespoon butter
- ☐ 1 cup cremini mushrooms sliced
- ☐ 2 teaspoons dijon mustard
- ☐ 8 ounce filet mignon medallions
- ☐ 1 clove garlic chopped
- ☐ 0.3 cup heavy cream

- ☐ 1 tablespoon parsley chopped
- ☐ 2 servings salt and pepper to taste
- ☐ 2 shallots diced finely
- ☐ 0.5 teaspoon thyme leaves chopped
- ☐ 2 teaspoons worcestershire sauce

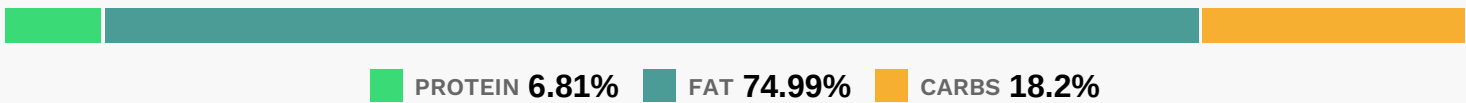
Equipment

- ☐ frying pan

Directions

- ☐ Season the beef with salt and pepper.Melt the butter in a pan over medium-high heat.
- ☐ Add the beef and sear for 1-2 minutes on each side and set aside.
- ☐ Add the shallots, garlic and thyme and saute for 20 seconds.
- ☐ Add the mushrooms and saute until tender, about 2 minutes.
- ☐ Add the brandy and carefully ignite.
- ☐ Add the mustard and cream and mix while cooking for a minute.
- ☐ Add the veal broth, deglaze the pan and simmer for another minute.
- ☐ Add the Worcestershire sauce, parsley and any juices that collected under the beef to the pan and remove from heat.Divide the beef and sauce between two plates and enjoy.

Nutrition Facts



Properties

Glycemic Index:117, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:9.094347793123%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 261.59kcal (13.08%), Fat: 16.71g (25.7%), Saturated Fat: 10.48g (65.49%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 7.72g (2.81%), Sugar: 4.32g (4.81%), Cholesterol: 48.67mg (16.22%), Sodium: 446.11mg (19.4%), Alcohol: 10.02g (100%), Alcohol %: 4.43% (100%), Protein: 3.42g (6.83%), Vitamin K: 34.63µg (32.98%), Selenium: 12.93µg (18.47%), Vitamin B2: 0.29mg (16.78%), Vitamin A: 813.91IU (16.28%), Copper: 0.25mg (12.63%), Potassium: 406.5mg (11.61%), Phosphorus: 100.62mg (10.06%), Manganese: 0.19mg (9.4%), Vitamin B3: 1.82mg (9.11%), Vitamin B6: 0.18mg (8.94%), Vitamin C: 6.91mg (8.37%), Vitamin B5: 0.73mg (7.3%), Iron: 1.2mg (6.69%), Folate: 23.64µg (5.91%), Vitamin B1: 0.09mg (5.72%), Calcium: 56.63mg (5.66%), Fiber: 1.4g (5.59%), Zinc: 0.73mg (4.86%), Magnesium: 18.17mg (4.54%), Vitamin D: 0.51µg (3.41%), Vitamin E: 0.49mg (3.27%), Vitamin B12: 0.1µg (1.59%)