

Stuffed Filet Mignon Bites

 **Gluten Free**

READY IN



143 min.

SERVINGS



20

CALORIES



186 kcal

SIDE DISH

Ingredients

- 20 slices bacon thinly sliced
- 8 ounce cream cheese
- 24 ounce frangelico
- 16 ounce salad dressing italian
- 0.3 cup jalapeno minced

Equipment

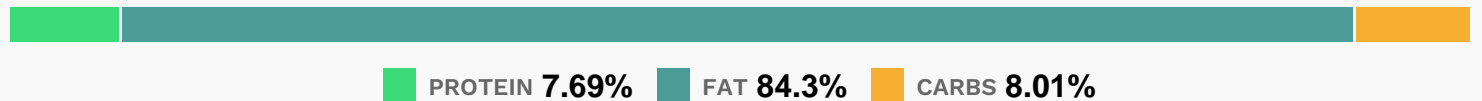
- bowl
- toothpicks

- grill
- metal skewers

Directions

- Slice the steaks into 1/2-inch wide strips. Pound the strips to about half their original thickness.
- Place the steak in a bowl; pour the Italian dressing over the meat; allow to marinate at least 2 hours.
- Mix together the cream cheese and jalapeno pepper in a bowl; set aside.
- Remove the strips from the marinade and lay out on a flat surface.
- Spread about 1 teaspoon of the cream cheese mixture on each strip.
- Preheat an outdoor grill for high heat and lightly oil grate.
- Remove the strips from the marinade and lay on a flat surface.
- Spread about 1 teaspoon of the cream cheese mixture on each strip. Fold the meat around the cream cheese mixture to form a ball. Wrap each ball with a slice of bacon. Secure bacon with water-soaked toothpicks or metal skewers.
- Cook on preheated grill until steak is no longer pink, about 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:2.95, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:2.9000000007775%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 186.19kcal (9.31%), Fat: 17.42g (26.8%), Saturated Fat: 5.89g (36.79%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.69g (1.34%), Sugar: 2.92g (3.25%), Cholesterol: 25.97mg (8.66%), Sodium: 406.49mg (17.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.15%), Vitamin K: 13.15µg (12.52%), Selenium: 5.86µg (8.36%), Vitamin E: 0.73mg (4.86%), Phosphorus: 47.51mg (4.75%), Vitamin B3: 0.94mg (4.7%), Vitamin B1: 0.07mg (4.55%), Vitamin B6: 0.08mg (4.2%), Vitamin A: 180.73IU (3.61%), Vitamin B2: 0.04mg (2.63%), Potassium: 80.37mg

(2.3%), Vitamin B12: 0.13µg (2.25%), Zinc: 0.33mg (2.22%), Vitamin B5: 0.19mg (1.9%), Vitamin C: 1.42mg (1.73%), Calcium: 15.18mg (1.52%), Magnesium: 4.96mg (1.24%)