

# Broiled Filet Mignon

This broiled filet mignon is a delicious twist on a plain filet.

Recipe by Jordan Schmidt | Created on **Mar 10, 2022**

## Ingredients

- cooking spray
- 2 tablespoons packed light brown sugar
- 2 tablespoons prepared horseradish
- 1 teaspoon grated shallot
- ½ teaspoon ground black pepper
- 4 (4 ounce) filet mignon steaks

## Directions

- Set an oven rack about 3 inches from the heat source and preheat the oven's broiler. Lightly spray a broiler pan with cooking spray.
- Combine brown sugar, horseradish, shallot, and pepper in a small bowl.
- Place steaks on the prepared broiler pan and spread 1/2 of the brown sugar mixture over top.
- Broil in the preheated oven for 5 minutes. Turn steaks, spread remaining brown sugar mixture over top, and broil to desired degree of doneness, 5 to 9 minutes longer.

## Nutrition Facts

Serving: **4 steaks** | Calories: **249.8 kcal** | Carbohydrates: **7.8 g** | Protein: **32.4 g** | Saturated fat: **3.4 g** | Cholesterol: **89.5 mg** | Sodium: **92.5 mg** | Fiber: **0.3 g** | Sugar: **7.2 g**

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