



Bacon Wrapped Beef Tenderloin Steaks with Spinach and Cheese Cakes

 Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



857 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon for packaged bacon marked "center cut" in packaged meats case thin
- 0.5 cup beef stock
- 4 beef tenderloin steaks thick
- 0.5 cup bread crumbs italian
- 2 tablespoons butter divided
- 4 servings coarse salt and cracked pepper black
- 4 servings coarse salt and pepper freshly ground

- 0.5 cup cooking wine dry red
- 1 eggs beaten
- 1 tablespoon flour all-purpose
- 2 tablespoons chives fresh snipped chopped
- 2 packages pkt spinach frozen chopped
- 0.3 teaspoon nutmeg freshly grated
- 4 servings oil extra-virgin for drizzling
- 3 tablespoons olive oil extra-virgin for onion, 2 tablespoons to fry cakes
- 1 small onion chopped
- 0.3 cup parmigiano-reggiano grated
- 4 small roma tomatoes

Equipment

- bowl
- frying pan
- whisk
- mixing bowl
- stove
- microwave
- kitchen towels
- cutting board

Directions

- Defrost spinach in microwave. Wring spinach dry by nesting in kitchen towel and twisting towel over garbage bowl or sink until spinach has given off all of its liquid.
- Place spinach in a medium mixing bowl.
- Heat a nonstick skillet over medium heat, add oil and onion and saute the onion until soft, 5 minutes.
- Add onion to spinach in bowl and return pan to stove top. Turn off heat.

- Add remaining ingredients to spinach: bread crumbs, cheese, egg, nutmeg, salt and pepper.
- Combine mixture with a fork, then form into 3-inch patties. Set aside.
- Line bacon up on meat-safe cutting board a few inches apart. Preheat a second skillet over high heat. Reheat the spinach cakes skillet over medium high heat. Season steaks with salt and pepper and set on bacon slices in the center of each slice. Wrap bacon over steaks.
- Place seam side down in pan and cook 2 minutes on each side.
- Add 2 tablespoons oil to spinach cakes pan and set cakes in to cook. Work in 2 batches if necessary. Cook cakes 3 minutes on each side.
- Reduce heat to medium under steaks after the first 2 minutes on each side. Cook meat another 6 to 10 minutes, turning occasionally, for medium rare to medium well doneness.
- Remove meat from the pan and let it rest.
- Add 1 tablespoon of the butter and flour and cook together 1 minute.
- Whisk in wine and deglaze pan.
- Whisk in broth and thicken sauce 1 minute.
- Add remaining tablespoon butter and remove skillet from heat.
- Quarter tomatoes lengthwise.
- To serve, set the spinach cakes and steaks beside each other on 2/3 of serving plates and pour sauce evenly over steaks. Scatter a quartered tomato next to spinach cakes on each plate.
- Drizzle tomatoes with oil, season with salt and pepper and top with chopped chives.
- Serve plates immediately.
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Nutrition Facts

 **PROTEIN 30.62%**  **FAT 62.13%**  **CARBS 7.25%**

Properties

Glycemic Index:83, Glycemic Load:2.14, Inflammation Score:-10, Nutrition Score:50.901304825493%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.17mg, Myricetin: 0.17mg,

Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 856.99kcal (42.85%), Fat: 57.8g (88.92%), Saturated Fat: 16.47g (102.93%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 9.79g (3.56%), Sugar: 4.72g (5.24%), Cholesterol: 220.8mg (73.6%), Sodium: 1033.23mg (44.92%), Alcohol: 3.15g (100%), Alcohol %: 0.68% (100%), Protein: 64.09g (128.19%), Vitamin K: 556.12µg (529.64%), Vitamin A: 17540.71IU (350.81%), Selenium: 88.29µg (126.13%), Vitamin B6: 1.83mg (91.26%), Vitamin B3: 17.05mg (85.25%), Zinc: 10.62mg (70.82%), Phosphorus: 688.6mg (68.86%), Folate: 261.77µg (65.44%), Vitamin E: 9.52mg (63.45%), Manganese: 1.15mg (57.4%), Potassium: 1602.1mg (45.77%), Magnesium: 178.79mg (44.7%), Vitamin B2: 0.74mg (43.58%), Vitamin B12: 2.42µg (40.36%), Iron: 7.19mg (39.93%), Calcium: 355.37mg (35.54%), Vitamin B1: 0.43mg (28.77%), Copper: 0.46mg (23.06%), Vitamin C: 18.47mg (22.39%), Fiber: 5.4g (21.58%), Vitamin B5: 2.02mg (20.24%), Vitamin D: 0.35µg (2.33%)