



Bacon-Wrapped Beef Tenderloin with Herb Stuffing

READY IN



45 min.

SERVINGS



10

CALORIES



838 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds bacon
- ☐ 4.5 pound frangelico
- ☐ 4 cups bread fresh french crustless
- ☐ 1 cup butter (2 sticks)
- ☐ 10 servings canola oil
- ☐ 2.5 cups parsley fresh chopped (from 2 to 3 large bunches)
- ☐ 6 garlic clove chopped

Equipment

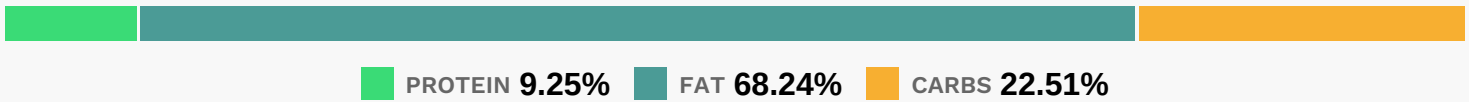
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Melt butter in large pot over medium heat.
- ☐ Add garlic; sauté 2 minutes.
- ☐ Add breadcrumbs. Sauté until golden brown, about 4 minutes.
- ☐ Remove from heat; mix in parsley. Season stuffing with salt and pepper. Cool completely.
- ☐ Starting at 1 long side, cut each tenderloin lengthwise almost in half, stopping about 1/2 inch from opposite long side. Open tenderloins like books.
- ☐ Sprinkle cut sides with salt and pepper. Pack half of stuffing on 1 side of each tenderloin. Fold plain side over stuffing.
- ☐ Slightly overlap half of bacon slices on sheet of parchment paper, forming rectangle equal in length to 1 tenderloin.
- ☐ Place tenderloin at 1 edge, across bacon ends. Using parchment as aid, roll up tenderloin in bacon. Using kitchen string, secure bacon around tenderloin, tying at 1 1/2-inch intervals, then tie once lengthwise. Repeat with remaining bacon and tenderloin. (Can be prepared 1 day ahead. Wrap tenderloins and refrigerate.
- ☐ Let stand at room temperature 1 hour before continuing.)
- ☐ Preheat oven to 400°F.
- ☐ Pour enough oil into large skillet to coat bottom; heat over high heat.
- ☐ Add 1 tenderloin. Sauté until bacon is brown, turning often, about 10 minutes.

- ☐ Transfer to rimmed baking sheet. Repeat with second tenderloin. Roast until thermometer inserted into center of each registers 130°F to 135°F for medium–rare, about 30 minutes.
- ☐ Transfer to platter.
- ☐ Let stand 15 minutes.
- ☐ Cut off strings.
- ☐ Cut tenderloins into 1/2–inch–thick slices.

Nutrition Facts



Properties

Glycemic Index:17.07, Glycemic Load:24.47, Inflammation Score:-9, Nutrition Score:25.92130420519%

Flavonoids

Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 837.62kcal (41.88%), Fat: 63.83g (98.2%), Saturated Fat: 22.43g (140.16%), Carbohydrates: 47.38g (15.79%), Net Carbohydrates: 43.06g (15.66%), Sugar: 5.58g (6.2%), Cholesterol: 93.71mg (31.24%), Sodium: 1052.71mg (45.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.47g (38.93%), Vitamin K: 262.24µg (249.75%), Manganese: 1.19mg (59.48%), Selenium: 41.43µg (59.18%), Vitamin B3: 8.25mg (41.23%), Vitamin B1: 0.59mg (39.62%), Vitamin A: 1858.1IU (37.16%), Folate: 103.97µg (25.99%), Iron: 4.65mg (25.84%), Vitamin C: 20.7mg (25.09%), Vitamin E: 3.56mg (23.75%), Phosphorus: 236.96mg (23.7%), Vitamin B2: 0.32mg (18.71%), Fiber: 4.32g (17.27%), Vitamin B6: 0.32mg (16.13%), Calcium: 151.1mg (15.11%), Magnesium: 55.37mg (13.84%), Zinc: 1.99mg (13.26%), Vitamin B5: 1.25mg (12.49%), Potassium: 363.92mg (10.4%), Copper: 0.2mg (9.82%), Vitamin B12: 0.38µg (6.31%), Vitamin D: 0.27µg (1.81%)