

Beef Tenderloin in Creamy Porcini Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



363 kcal

SAUCE

Ingredients

- 1 cube beef bouillon from cube
- 2 pounds frangelico
- 2 tablespoons butter
- 1 ounce the following: parmesan rind) dried
- 0.5 teaspoon thyme dried crushed
- 1 teaspoon garlic finely minced
- 0.5 cup cup heavy whipping cream
- 2 pounds baby potatoes

- 6 tablespoons olive oil divided
- 1 small onion red finely chopped
- 6 servings salt and pepper black to taste
- 1 cup water hot

Equipment

- bowl
- frying pan
- oven
- aluminum foil
- wok

Directions

- In a small bowl, soak dried mushrooms in hot water.
- Heat butter and 2 tablespoons olive oil in a skillet over medium heat. Stir in the onion and garlic; cook until the onion is tender and transparent. Stir in beef bouillon cube, and pour in mushrooms with water. Season with salt and pepper.
- Mix in cream; simmer gently for 5 minutes. Set aside.
- Place whole potatoes in a pan with water to cover; bring to a boil over high heat, and cook about 5 minutes.
- Drain water. When potatoes are cool enough to touch, cut them in half.
- Heat 2 tablespoons olive oil in a skillet over medium heat, and fry potatoes until golden. Season with salt and thyme. Set aside.
- Preheat oven to 400 degrees F (200 degrees C).
- Season beef medallions with salt and pepper.
- Heat 2 tablespoons olive oil in a wok or large skillet over high heat.
- Place medallions in hot oil, and brown on both sides.
- Remove from heat, and place medallions in the center of a roasting dish.
- Cover medallions with porcini sauce. Arrange potatoes around medallions. Cover dish with aluminum foil. Roast for 15 minutes.

Nutrition Facts

PROTEIN 4.66% FAT 60.58% CARBS 34.76%

Properties

Glycemic Index:31.79, Glycemic Load:19.76, Inflammation Score:-6, Nutrition Score:12.333913147449%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 363.42kcal (18.17%), Fat: 25.16g (38.7%), Saturated Fat: 8.95g (55.96%), Carbohydrates: 32.47g (10.82%), Net Carbohydrates: 28.25g (10.27%), Sugar: 2.65g (2.94%), Cholesterol: 32.44mg (10.81%), Sodium: 244.43mg (10.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Vitamin C: 31.62mg (38.33%), Vitamin B6: 0.53mg (26.37%), Potassium: 758.97mg (21.68%), Copper: 0.43mg (21.27%), Fiber: 4.22g (16.89%), Manganese: 0.33mg (16.31%), Vitamin B5: 1.56mg (15.63%), Vitamin E: 2.33mg (15.55%), Vitamin K: 13.77µg (13.12%), Phosphorus: 119.03mg (11.9%), Vitamin B3: 2.31mg (11.54%), Magnesium: 45.05mg (11.26%), Vitamin B1: 0.15mg (9.95%), Folate: 36.57µg (9.14%), Vitamin B2: 0.15mg (9.01%), Iron: 1.51mg (8.4%), Vitamin A: 414.77IU (8.3%), Zinc: 0.9mg (5.99%), Selenium: 3.45µg (4.92%), Calcium: 41.05mg (4.11%), Vitamin D: 0.5µg (3.34%)