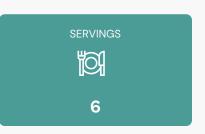


# **Beef Tenderloin in Creamy Porcini Sauce**

**Gluten Free** 







SAUCE

## Ingredients

| I cube beef bouilion 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 nounds baby notatoes                      |

|           | 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   |  |
| D:-       |   |  |
| —<br>—    | rections  |  |
|           | 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.<br>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, Luteolin: 0.02mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Kaempferol: 1.33mg, Kaempferol: 1

#### 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: Og (100%), Alcohol %: O% (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%)