



Beef Tenderloin With Beaujolais Jus

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



18 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.3 ounce beef broth fat-free canned
- 2.3 pound beef tenderloin
- 2 teaspoons cornstarch
- 0.5 ounce porcini mushrooms dried
- 5 teaspoons thyme leaves fresh divided minced
- 2 garlic cloves minced
- 0.5 teaspoon coarsely ground pepper
- 1 teaspoon olive oil

- 1 teaspoon salt
- 1 tablespoon water
- 750 milliliter beaujolais light fruity red
- 750 milliliter beaujolais light fruity

Equipment

- frying pan
- sauce pan
- oven
- kitchen thermometer
- aluminum foil
- broiler pan

Directions

- Trim the fat from tenderloin.
- Combine 3 teaspoons thyme, salt, and pepper; rub evenly over tenderloin. Cover and chill 2 hours.
- Combine 2 teaspoons thyme, mushrooms, wine, broth, and garlic in a large saucepan, and bring to a boil. Reduce heat, and simmer until reduced to 1 1/2 cups (about 1 hour).
- Combine water and cornstarch, and stir into wine mixture. Bring to a boil, and cook 1 minute, stirring constantly.
- Remove wine mixture from heat; set aside, and keep warm.
- Preheat oven to 40
- Heat oil in a large nonstick skillet over medium-high heat.
- Add tenderloin, browning on all sides, about 12 minutes.
- Place tenderloin on a broiler pan coated with cooking spray. Insert meat thermometer into thickest portion of tenderloin.
- Bake at 400 for 20 minutes or until thermometer registers 145 (medium-rare) to 160 (medium).
- Place tenderloin on a serving platter, and cover with foil.

Let stand for 10 minutes.

Serve with Beaujolais jus.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:0.14, Inflammation Score:-8, Nutrition Score:1.779565203449%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 17.8kcal (0.89%), Fat: 0.66g (1.01%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.02g (0.73%), Sugar: 0.05g (0.05%), Cholesterol: 0mg (0%), Sodium: 479.18mg (20.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.75%), Copper: 0.1mg (5.16%), Vitamin B5: 0.41mg (4.09%), Manganese: 0.08mg (3.84%), Vitamin B3: 0.67mg (3.37%), Vitamin C: 2.3mg (2.78%), Vitamin B2: 0.04mg (2.36%), Iron: 0.37mg (2.04%), Potassium: 66.81mg (1.91%), Selenium: 1.3µg (1.85%), Vitamin B6: 0.04mg (1.81%), Fiber: 0.43g (1.72%), Phosphorus: 14.51mg (1.45%), Magnesium: 5.79mg (1.45%), Vitamin A: 60.14IU (1.2%), Folate: 4.5µg (1.13%), Zinc: 0.17mg (1.13%), Calcium: 10.45mg (1.04%)