



Beef Tenderloin with Citrus Béarnaise

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds frangelico trimmed
- ☐ 2 tablespoons grape juice dry white
- ☐ 1 tablespoon tarragon dried fresh chopped
- ☐ 1 tablespoon tarragon vinegar
- ☐ 3 egg yolk
- ☐ 2 tablespoons orange juice
- ☐ 0.5 cup butter melted

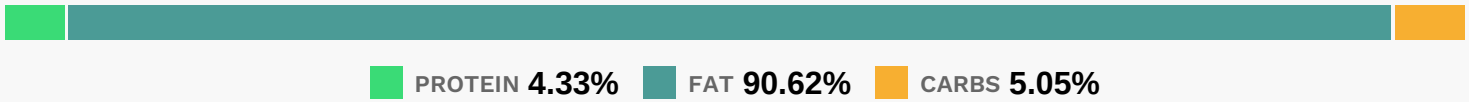
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400°F.
- ☐ Place beef, fat side up, on rack in shallow roasting pan. (For easy cleanup, line the roasting pan with aluminum foil before placing beef on rack.) Insert meat thermometer so tip is in center of thickest part of beef.
- ☐ Roast uncovered 30 to 40 minutes or until thermometer reads 140°F. Beef will continue to cook after being removed from oven. Cover beef loosely with tent of aluminum foil and let stand 15 to 20 minutes or until temperature rises to 145°F.
- ☐ While beef is standing, stir together wine, tarragon and vinegar in 1-quart saucepan.
- ☐ Heat to boiling over medium-high heat. Boil 2 to 3 minutes or until mixture is slightly reduced. Reduce heat to very low. Stir in egg yolks one at a time with wire whisk until well blended. Cook and stir with wire whisk 2 minutes or until mixture begins to thicken. Stir in orange juice and melted butter with wire whisk until smooth.
- ☐ Serve warm over tenderloin.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.66, Inflammation Score:-4, Nutrition Score:3.4113043598507%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Malvidin: 0.55mg, Malvidin: 0.55mg, Malvidin: 0.55mg, Malvidin: 0.55mg Peonidin: 0.05mg, Peonidin:

0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 174.04kcal (8.7%), Fat: 17.83g (27.43%), Saturated Fat: 10.61g (66.3%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 2.13g (0.77%), Sugar: 1.24g (1.38%), Cholesterol: 137.87mg (45.96%), Sodium: 127.03mg (5.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.83%), Vitamin A: 663.24IU (13.26%), Selenium: 5.3µg (7.57%), Manganese: 0.11mg (5.6%), Folate: 18.6µg (4.65%), Phosphorus: 45.05mg (4.51%), Vitamin E: 0.67mg (4.49%), Vitamin B2: 0.07mg (4.24%), Vitamin C: 3.42mg (4.15%), Iron: 0.65mg (3.62%), Vitamin B12: 0.21µg (3.46%), Vitamin D: 0.49µg (3.24%), Vitamin B6: 0.06mg (3.2%), Calcium: 30.76mg (3.08%), Vitamin B5: 0.3mg (3.03%), Potassium: 66.1mg (1.89%), Zinc: 0.28mg (1.84%), Vitamin B1: 0.03mg (1.71%), Magnesium: 6.02mg (1.5%), Vitamin K: 1.41µg (1.35%)