



Beef Tenderloin with Costa Rican Coffee Balsamic Fig Glaze



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



5

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups modena balsamic vinegar dark
- ☐ 2.5 pounds beef tenderloin
- ☐ 0.3 cup figs fresh
- ☐ 1 tablespoon granulated sugar
- ☐ 5 servings salt and pepper black freshly ground
- ☐ 1 cup strong costa rican roast coffee dark brewed

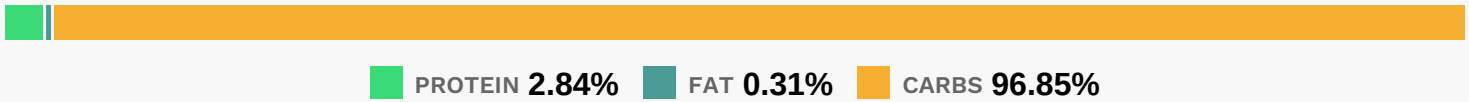
Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ grill
- ☐ cutting board

Directions

- ☐ In heavy-bottomed sauce pot, over low heat, add the vinegar and reduce it by half, stirring constantly.
- ☐ Add the sugar, coffee and figs and further reduce by 1/3 volume, continue to stir throughout this step.
- ☐ Remove from the heat when you have 3/4 cup liquid remaining.
- ☐ Pour the glaze through a strainer into a small bowl, discarding the solids.
- ☐ Preheat the grill to 300 degrees F.
- ☐ Season the beef tenderloin with salt and pepper, to taste, and put on the preheated grill. Cook on each side until desired temperature is reached, about 7 to 8 minutes for medium-rare.
- ☐ Remove from the grill and evenly brush the tenderloin with the balsamic glaze. Return the beef to the grill for 5 minutes, allowing the glaze to coat the meat.
- ☐ Remove the tenderloin from the grill to a cutting board and let rest for 5 minutes. Slice, arrange on a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:42.62, Glycemic Load:20.23, Inflammation Score:-2, Nutrition Score:2.7569565421537%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg,

Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 198.24kcal (9.91%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 39.47g (13.16%), Net Carbohydrates: 39.1g (14.22%), Sugar: 34.82g (38.69%), Cholesterol: 0mg (0%), Sodium: 48.03mg (2.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.96mg (6.32%), Protein: 1.16g (2.31%), Manganese: 0.31mg (15.31%), Iron: 1.53mg (8.49%), Potassium: 280.53mg (8.02%), Magnesium: 28.08mg (7.02%), Calcium: 60.64mg (6.06%), Phosphorus: 42mg (4.2%), Copper: 0.06mg (3.19%), Vitamin B2: 0.04mg (2.5%), Vitamin B5: 0.16mg (1.57%), Fiber: 0.37g (1.47%), Zinc: 0.19mg (1.28%)