



Beef Tenderloin with Cranberry-Port Reduction and Gorgonzola Butter

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



143 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 servings garnishes: roasted baby carrots
- ☐ 0.5 cup beef broth
- ☐ 3.5 pound beef tenderloin
- ☐ 12 servings gorgonzola butter
- ☐ 2 teaspoons marjoram dried
- ☐ 4 garlic cloves
- ☐ 0.3 teaspoon pepper

- ☐ 3 cups port sweet
- ☐ 0.3 teaspoon salt
- ☐ 4 shallots peeled halved
- ☐ 0.5 cup whole-berry cranberry sauce

Equipment

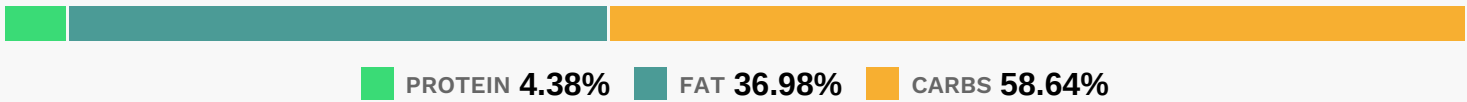
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Secure tenderloin at 2" intervals with heavy string.
- ☐ Place tenderloin in a large zip-top freezer bag.
- ☐ Combine port and next 4 ingredients; stir well.
- ☐ Pour marinade over tenderloin; seal. Marinate in refrigerator 2 hours, turning bag occasionally.
- ☐ Remove tenderloin from marinade, reserving marinade.
- ☐ Pour liquid through a wire-mesh strainer into a bowl; reserve garlic and discard solids. Set 1 cup marinade aside.
- ☐ Place tenderloin on a lightly greased broiler pan. Insert a meat thermometer into thickest portion of tenderloin.
- ☐ Place tenderloin in a preheated 425 oven. Immediately reduce heat to 350; bake, uncovered, for 1 hour or until thermometer registers 145 (medium rare) to 160 (medium) or to desired degree of doneness.
- ☐ Let stand 10 minutes before slicing.
- ☐ Remove string.
- ☐ Combine reserved garlic and 1 cup reserved marinade in a small saucepan; bring to a boil. Reduce heat, and simmer 8 minutes or until reduced by half.

- ☐
- Remove and discard garlic. Stir in cranberry sauce, salt, and pepper. Bring to a boil; cover and simmer 1 minute.
- ☐
- Garnish, if desired.
- ☐
- Serve with Cranberry–Port Reduction and Gorgonzola Butter.
- ☐
- Note: To roast the vegetables for garnish, drizzle lightly with olive oil, and sprinkle with salt and pepper. Roast at 450 for 15 minutes, stirring once.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:8.9595651833907%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 143.49kcal (7.17%), Fat: 4.22g (6.49%), Saturated Fat: 2.6g (16.28%), Carbohydrates: 15.06g (5.02%), Net Carbohydrates: 12.16g (4.42%), Sugar: 8.8g (9.78%), Cholesterol: 10.75mg (3.58%), Sodium: 188.27mg (8.19%), Alcohol: 6.36g (100%), Alcohol %: 2.57% (100%), Protein: 1.13g (2.25%), Vitamin A: 11854.55IU (237.09%), Manganese: 0.26mg (13.15%), Fiber: 2.9g (11.59%), Potassium: 320.18mg (9.15%), Vitamin K: 9µg (8.57%), Vitamin B6: 0.17mg (8.39%), Iron: 1.23mg (6.85%), Folate: 26.93µg (6.73%), Copper: 0.11mg (5.29%), Phosphorus: 47.21mg (4.72%), Magnesium: 18.36mg (4.59%), Vitamin C: 3.31mg (4.02%), Vitamin B5: 0.4mg (3.97%), Calcium: 39.59mg (3.96%), Vitamin B3: 0.72mg (3.62%), Vitamin B2: 0.06mg (3.43%), Vitamin B1: 0.04mg (2.52%), Zinc: 0.28mg (1.88%), Selenium: 1.3µg (1.85%), Vitamin E: 0.23mg (1.53%)