



## Beef Tenderloin with Garlic-and-Merlot Jam

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



3167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pound frangelico trimmed
- 8 servings chives chopped
- 24 small flour toasted
- 0.3 teaspoon pepper black
- 8 servings jam
- 0.5 teaspoon kosher salt
- 2 teaspoons olive oil

### Equipment

- frying pan
- oven
- kitchen thermometer

## Directions

- Preheat oven to 40
- Heat oil in a large, heavy-bottom ovenproof skillet over medium-high heat.
- Sprinkle beef with kosher salt and pepper; place in skillet, and cook, turning occasionally, 5 minutes or until well-browned on all sides.
- Transfer skillet to oven, and bake 20 to 25 minutes or until meat thermometer inserted in thickest portion registers 145 (medium-rare) or to desired degree of doneness.
- Remove from skillet; let stand 10 minutes before slicing.
- Cut beef into 24 thin slices.
- Place on baguette slices, and top each with 1 tablespoon Garlic-and-Merlot Jam.
- Sprinkle with chives.

## Nutrition Facts



## Properties

Glycemic Index:21.63, Glycemic Load:229.81, Inflammation Score:3, Nutrition Score:4.077391286907%

## Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 3167.14kcal (158.36%), Fat: 59.09g (90.91%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 575.47g (191.82%), Net Carbohydrates: 555.89g (202.14%), Sugar: 29.04g (32.27%), Cholesterol: 0mg (0%), Sodium: 6543.96mg (284.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 96.93g (193.87%), Fiber: 19.58g (78.32%), Vitamin C: 2.34mg (2.84%), Vitamin K: 2.83µg (2.7%), Vitamin E: 0.17mg (1.14%), Copper: 0.02mg (1.13%)