



Beef Tenderloin with Pan-Roasted Pears

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bartlett pears peeled halved
- ☐ 24 ounce beef tenderloin fillets
- ☐ 4 ounces cheese blue
- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 garlic clove pressed
- ☐ 1 cup madeira wine
- ☐ 2 tablespoons olive oil

- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

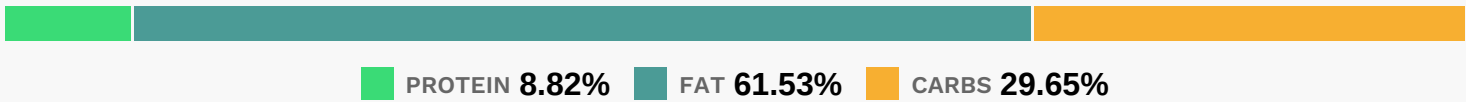
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle fillets with salt and pepper.
- ☐ Melt butter with oil in a large skillet over medium-high heat; add fillets, and cook 5 minutes on each side or to desired degree of doneness.
- ☐ Remove fillets, and keep warm.
- ☐ Add pear halves to skillet; cook over medium heat 5 minutes on each side or until browned.
- ☐ Add wine, garlic, and thyme; cook 5 minutes or until pear halves are tender.
- ☐ Remove pear halves from skillet, reserving wine mixture in skillet.
- ☐ Cook wine mixture in skillet over high heat 7 to 8 minutes or until mixture is reduced by half.
- ☐ Stuff each pear half evenly with blue cheese.
- ☐ Serve with fillets, and drizzle with sauce.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:7.03, Inflammation Score:-6, Nutrition Score:7.3173912893171%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 347.51kcal (17.38%), Fat: 21g (32.31%), Saturated Fat: 7.44g (46.51%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 18.53g (6.74%), Sugar: 13.66g (15.18%), Cholesterol: 21.26mg (7.09%), Sodium: 687.4mg (29.89%), Alcohol: 6.18g (100%), Alcohol %: 1.92% (100%), Protein: 6.77g (13.54%), Calcium: 173.1mg (17.31%), Fiber: 4.24g (16.96%), Phosphorus: 138.48mg (13.85%), Vitamin K: 11.7µg (11.14%), Vitamin A: 507.89IU (10.16%), Vitamin E: 1.46mg (9.76%), Vitamin B2: 0.16mg (9.18%), Manganese: 0.17mg (8.61%), Vitamin C: 6.15mg (7.46%), Potassium: 259.92mg (7.43%), Zinc: 0.95mg (6.33%), Selenium: 4.43µg (6.32%), Copper: 0.12mg (6.21%), Vitamin B6: 0.12mg (6.14%), Vitamin B12: 0.35µg (5.88%), Vitamin B5: 0.59mg (5.87%), Magnesium: 21.5mg (5.38%), Folate: 19.12µg (4.78%), Iron: 0.66mg (3.66%), Vitamin B3: 0.59mg (2.93%), Vitamin B1: 0.03mg (2%)