



Beef Tenderloin with Red Wine Sauce

 Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



138 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lb frangelico
- 0.5 teaspoon salt
- 0.5 teaspoon cracked wheat black
- 6 tablespoons butter
- 0.5 cup shallots finely chopped (3 medium)
- 1 cup plum brandy dry red
- 1 cup beef broth flavored (from 32-oz carton)
- 0.5 teaspoon pepper

Equipment

- frying pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 400°F. If necessary, trim fat from beef. Turn small end of beef under about 6 inches. Tie turned-under portion with string at about 1 1/2-inch intervals.
- Place in shallow roasting pan.
- Sprinkle with salt and cracked black pepper. Insert ovenproof meat thermometer so tip is in center of thickest part of beef.
- For medium-rare, roast uncovered 30 to 40 minutes or until thermometer reads 135°F. Cover loosely with foil; let stand 15 to 20 minutes until thermometer reads 145°F. (Temperature will continue to rise about 10°F, and beef will be easier to carve.) For medium, roast uncovered 40 to 50 minutes or until thermometer reads 150°F. Cover loosely with foil; let stand 15 to 20 minutes until thermometer reads 160°F.
- Meanwhile, in 8-inch skillet, melt 2 tablespoons of the butter over medium-high heat.
- Add shallots; cook about 1 minute, stirring frequently.
- Add wine; cook about 4 minutes until reduced slightly. Stir in broth.
- Heat to boiling. Reduce heat to medium-low; cook about 10 minutes longer, stirring occasionally, until reduced to about 1 cup. Beat in remaining 4 tablespoons butter, 1 tablespoon at a time, with wire whisk. Beat in 1/2 teaspoon pepper.
- Remove string from beef before carving.
- Serve sauce with beef.

Nutrition Facts



■ PROTEIN 3.38% ■ FAT 70.84% ■ CARBS 25.78%

Properties

Glycemic Index:7.75, Glycemic Load:0.62, Inflammation Score:-5, Nutrition Score:1.7513043388076%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 137.63kcal (6.88%), Fat: 8.55g (13.16%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 6.46g (2.35%), Sugar: 3.5g (3.89%), Cholesterol: 0mg (0%), Sodium: 360.46mg (15.67%), Alcohol: 4.59g (100%), Alcohol %: 2.27% (100%), Protein: 0.92g (1.84%), Vitamin A: 376.86IU (7.54%), Manganese: 0.1mg (4.91%), Potassium: 100.54mg (2.87%), Vitamin B6: 0.06mg (2.77%), Vitamin E: 0.33mg (2.22%), Fiber: 0.54g (2.17%), Phosphorus: 19.15mg (1.91%), Iron: 0.32mg (1.81%), Magnesium: 6.94mg (1.73%), Vitamin B3: 0.33mg (1.66%), Vitamin C: 1.2mg (1.46%), Folate: 5.75µg (1.44%), Copper: 0.03mg (1.41%), Calcium: 13.46mg (1.35%), Vitamin B2: 0.02mg (1.1%), Vitamin B1: 0.02mg (1.07%)