



Beef Tenderloin with Red Wine Sauce

 **Gluten Free**  **Dairy Free**

READY IN



95 min.

SERVINGS



8

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

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

Directions

- Heat oven to 400F. 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 135F. Cover loosely with foil; let stand 15 to 20 minutes until thermometer reads 145F. (Temperature will continue to rise about 10F, and beef will be easier to carve.) For medium, roast uncovered 40 to 50 minutes or until thermometer reads 150F. Cover loosely with foil; let stand 15 to 20 minutes until thermometer reads 160F.
- 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 3.31% ■ FAT 71.26% ■ CARBS 25.43%

Properties

Glycemic Index:11.75, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:1.8034782798394%

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: 136.87kcal (6.84%), Fat: 8.54g (13.14%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 6.32g (2.3%), Sugar: 3.5g (3.89%), Cholesterol: 0mg (0%), Sodium: 360.48mg (15.67%), Alcohol: 4.59g (100%), Alcohol %: 2.27% (100%), Protein: 0.89g (1.78%), Vitamin A: 377.54IU (7.55%), Manganese: 0.11mg (5.71%), Potassium: 100.95mg (2.88%), Vitamin B6: 0.06mg (2.78%), Vitamin E: 0.33mg (2.23%), Fiber: 0.54g (2.15%), Phosphorus: 18.28mg (1.83%), Iron: 0.33mg (1.81%), Magnesium: 7.15mg (1.79%), Vitamin B3: 0.33mg (1.66%), Copper: 0.03mg (1.5%), Vitamin C: 1.2mg (1.46%), Folate: 5.78µg (1.44%), Calcium: 14.02mg (1.4%), Vitamin B2: 0.02mg (1.12%), Vitamin B1: 0.02mg (1.08%)