



Beef Tenderloin with Red Wine Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



104 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 13.8 ounce no-salt-added beef broth canned
- ☐ 3 pound beef tenderloin
- ☐ 8 peppercorns black crushed
- ☐ 2 cups wine dry red
- ☐ 2 tablespoons cornstarch
- ☐ 2 teaspoons marjoram dried
- ☐ 4 garlic cloves halved
- ☐ 1 teaspoon salt

Equipment

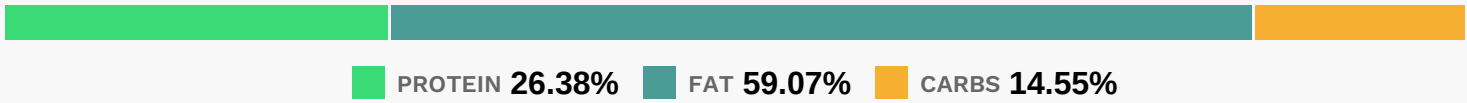
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Trim fat from tenderloin; fold under 3 inches of small end. Tie tenderloin with string at 2-inch intervals.
- ☐ Combine wine and next 6 ingredients in large zip-top heavy-duty plastic bag.
- ☐ Add tenderloin to bag, and seal. Marinate in refrigerator 2 hours, turning occasionally.
- ☐ Remove tenderloin from bag, reserving marinade. Strain marinade; discard solids, and set marinade aside. Coat a large Dutch oven with cooking spray; place over medium-high heat until hot.
- ☐ Add tenderloin, and cook 2 minutes on all sides or until browned.
- ☐ Place tenderloin on rack coated with cooking spray; place rack in roasting pan. Insert thermometer into thickest portion of tenderloin.
- ☐ Bake at 400 for 30 minutes or until thermometer registers 140 (rare) to 160 (medium).
- ☐ Place tenderloin on a serving platter; cover with aluminum foil.
- ☐ Let stand 10 minutes.
- ☐ Remove string before slicing.
- ☐ Place cornstarch in a bowl. Gradually add the 1/4 cup reserved marinade, blending with a wire whisk; set aside.
- ☐ Place remaining reserved marinade in Dutch oven. Bring to a boil, and cook 2 minutes.

- ☐ Add cornstarch mixture to pan; bring to a boil, and cook 1 minute or until slightly thickened, stirring constantly.
- ☐ Serve the sauce with tenderloin.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:3.0434782790911%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 104.3kcal (5.22%), Fat: 4.85g (7.46%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.63g (0.96%), Sugar: 0.01g (0.01%), Cholesterol: 17.54mg (5.85%), Sodium: 589.43mg (25.63%), Alcohol: 4.2g (100%), Alcohol %: 2.82% (100%), Protein: 4.87g (9.75%), Vitamin C: 9.09mg (11.02%), Vitamin B12: 0.58µg (9.64%), Selenium: 6.36µg (9.08%), Zinc: 0.94mg (6.27%), Vitamin B3: 1.2mg (5.99%), Vitamin B6: 0.11mg (5.35%), Phosphorus: 39.87mg (3.99%), Iron: 0.59mg (3.3%), Vitamin B2: 0.05mg (3.07%), Potassium: 101.71mg (2.91%), Copper: 0.04mg (2.03%), Vitamin B5: 0.19mg (1.92%), Manganese: 0.03mg (1.69%), Magnesium: 5.01mg (1.25%), Vitamin B1: 0.02mg (1.07%)