



 **43%**  
HEALTH SCORE

## Beef Tenderloin with Red Wine Sauce, Creamed Spinach, and Truffled French Fries

READY IN



45 min.

SERVINGS



6

CALORIES



758 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon flour
- 18 ounce baby spinach fresh
- 1.5 teaspoons peppercorns whole black
- 1 tablespoon butter room temperature
- 14 ounce beef broth canned
- 2 tablespoons canola oil
- 6 servings fries french
- 14 ounce chicken broth canned

- 6 ounce mushrooms sliced
- 6 ounce mushrooms sliced
- 1 tablespoon olive oil
- 2 tablespoons red wine vinegar
- 2 pound beef tenderloin
- 2 cups shallots sliced
- 2 tablespoons sugar
- 2 thyme sprigs fresh
- 1 turkish bay leaf
- 1 cup whipping cream

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- pot
- sieve
- kitchen thermometer
- cutting board

## Directions

- Heat oil in heavy large saucepan over medium-high heat.
- Add shallots and mushrooms; sauté until tender, about 12 minutes.
- Sprinkle sugar over; sauté until mixture is deep brown, about 4 minutes longer.
- Add vinegar; stir until liquid evaporates, about 1 minute.
- Add wine; boil until reduced by half, about 20 minutes.

- Add both broths, thyme, peppercorns, and bay leaf; bring to boil. Reduce heat to medium; simmer uncovered 35 minutes to blend flavors, stirring occasionally.
- Strain sauce through fine strainer into small saucepan; discard solids.
- Mix butter and flour in small bowl. Bring sauce to simmer over medium-high heat; gradually whisk in flour mixture. Cook until sauce is reduced to 1 1/4 cups, about 5 minutes. (Sauce can be made 1 day ahead. Cover; chill. Rewarm over medium heat.)
- Preheat oven to 350°F.
- Place rack on rimmed baking sheet.
- Sprinkle beef generously with salt and pepper.
- Heat oil in heavy large skillet over high heat.
- Add beef to skillet and cook until brown on all sides, about 5 minutes.
- Transfer beef to rack on baking sheet. Roast in oven until thermometer inserted into center of beef registers 120°F for medium-rare, about 35 minutes.
- Transfer beef to cutting board and let rest 10 minutes.
- Boil whipping cream in heavy large pot until reduced by half, about 4 minutes.
- Add half of spinach to pot and toss just until spinach begins to wilt, about 1 minute.
- Add remaining spinach to pot; toss just until all spinach is wilted, about 2 minutes. Season to taste with salt and pepper.
- Cut beef tenderloin crosswise into 1/4-inch-thick slices. Divide creamed spinach among 6 plates. Top with beef slices, dividing equally. Spoon sauce over and around beef. Divide Truffled French Fries among plates and serve.

## Nutrition Facts

**PROTEIN 19.24%** **FAT 67.18%** **CARBS 13.58%**

### Properties

Glycemic Index:77.07, Glycemic Load:7.82, Inflammation Score:-10, Nutrition Score:41.768695748371%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.38mg, Quercetin:

3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

## **Nutrients (% of daily need)**

Calories: 758.44kcal (37.92%), Fat: 57.58g (88.59%), Saturated Fat: 24.89g (155.54%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 20.81g (7.57%), Sugar: 12.93g (14.37%), Cholesterol: 155.68mg (51.89%), Sodium: 450.87mg (19.6%), Alcohol: 0g (100%), Protein: 37.12g (74.23%), Vitamin K: 419.38µg (399.41%), Vitamin A: 8642.45IU (172.85%), Vitamin B12: 4.13µg (68.89%), Manganese: 1.21mg (60.28%), Vitamin B6: 1.11mg (55.28%), Folate: 216.37µg (54.09%), Selenium: 35.11µg (50.15%), Vitamin B2: 0.84mg (49.53%), Phosphorus: 468.06mg (46.81%), Vitamin B3: 8.9mg (44.52%), Potassium: 1533.2mg (43.81%), Iron: 7.66mg (42.56%), Zinc: 5.87mg (39.13%), Vitamin C: 32.27mg (39.11%), Magnesium: 126.99mg (31.75%), Copper: 0.56mg (27.92%), Vitamin B1: 0.36mg (24.15%), Vitamin E: 3.35mg (22.32%), Fiber: 5.37g (21.48%), Vitamin B5: 1.73mg (17.31%), Calcium: 166.02mg (16.6%), Vitamin D: 0.75µg (4.99%)