



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

READY IN



45 min.

SERVINGS



6

CALORIES



443 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
- ☐ 1 tablespoon olive oil
- ☐ 750 ml wine dry red
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 pound frangelico
- ☐ 2 cups shallots sliced
- ☐ 2 tablespoons sugar
- ☐ 2 thyme sprigs fresh
- ☐ 1 turkish bay leaf
- ☐ 1 cup whipping cream

Equipment

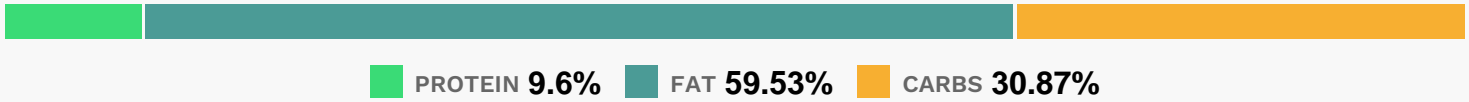
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ kitchen thermometer
- ☐ cutting board

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



Properties

Glycemic Index:71.74, Glycemic Load:7.61, Inflammation Score:-10, Nutrition Score:27.070869321408%

Flavonoids

Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 9.76mg, Catechin: 9.76mg,

Catechin: 9.76mg, Catechin: 9.76mg Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 5.44mg, Kaempferol: 5.44mg, Kaempferol: 5.44mg, Kaempferol: 5.44mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 443.17kcal (22.16%), Fat: 24.48g (37.66%), Saturated Fat: 11.33g (70.78%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 23.47g (8.53%), Sugar: 12.37g (13.75%), Cholesterol: 49.84mg (16.61%), Sodium: 375.37mg (16.32%), Alcohol: 13.31g (100%), Alcohol %: 2.54% (100%), Protein: 8.89g (17.77%), Vitamin K: 419.38µg (399.41%), Vitamin A: 8642.45IU (172.85%), Manganese: 1.17mg (58.71%), Folate: 202.48µg (50.62%), Vitamin C: 31.67mg (38.39%), Potassium: 983.4mg (28.1%), Vitamin B6: 0.5mg (25.08%), Vitamin B2: 0.41mg (24.14%), Magnesium: 94.2mg (23.55%), Vitamin E: 3.34mg (22.3%), Iron: 3.97mg (22.03%), Fiber: 5.09g (20.35%), Phosphorus: 170.01mg (17%), Vitamin B3: 3.36mg (16.8%), Copper: 0.33mg (16.38%), Calcium: 154.59mg (15.46%), Vitamin B1: 0.16mg (10.53%), Selenium: 6.62µg (9.45%), Vitamin B5: 0.85mg (8.53%), Zinc: 1.11mg (7.41%), Vitamin D: 0.69µg (4.61%), Vitamin B12: 0.19µg (3.19%)