



Beef Tenderloin with Shallot Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups beef broth
- 6 pound frangelico trimmed
- 3 tablespoons butter
- 2 tablespoons flour all-purpose
- 1.5 teaspoons garlic powder
- 1 cup plum brandy dry
- 0.3 cup olive oil
- 2 tablespoons olive oil

- 1.5 teaspoons onion powder
- 0.3 teaspoon pepper
- 0.5 teaspoon pepper
- 1.5 teaspoons pepper
- 0.8 teaspoon salt
- 1 tablespoon salt
- 1 pound shallots peeled halved lengthwise
- 16 servings thyme sprigs fresh
- 3 tablespoons water
- 1.5 teaspoons thyme dried fresh chopped

Equipment

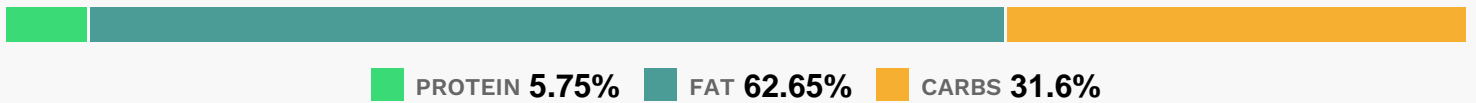
- bowl
- frying pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Toss shallots and 2 tablespoons oil in a bowl; stir in 3/4 teaspoon salt and 1/2 teaspoon pepper. Set aside.
- Stir together 1 tablespoon salt and next 4 ingredients. Rub tenderloin with 1/4 cup olive oil; sprinkle seasonings over top and sides of tenderloin, pressing gently with fingers.
- Place tenderloin in a large greased roasting pan; arrange shallots around tenderloin.
- Bake, uncovered, at 500 for 25 minutes. Reduce oven temperature to 375, and bake 15 to 20 minutes or until meat thermometer inserted into thickest part of roast registers 145 (medium-rare) or 160 (medium).

- Meanwhile, stir together beef broth and Marsala in a large skillet. Bring to a boil; boil 6 to 8 minutes or until liquid is reduced to 2 cups.
- Remove tenderloin to a serving platter and cover with aluminum foil; reserve shallots and drippings in pan.
- Add broth reduction to pan, and place over medium heat on cooktop, stirring to loosen particles from bottom of pan.
- Whisk together flour and water until smooth; stir into sauce in roasting pan. Cook over medium heat, stirring constantly, until slightly thickened.
- Add butter, stirring just until melted. Stir in 1/4 teaspoon pepper. Thinly slice roast, and serve with sauce.
- Garnish, if desired.
- For Entertaining, Wine & Dine: We recommend any of these wines with dinner: Morgan Monterey Syrah, Chateau Souverain Dry Creek Zinfandel, or Bleasdale Langhorne Creek Shiraz-Cabernet.

Nutrition Facts



Properties

Glycemic Index:15.69, Glycemic Load:1.76, Inflammation Score:-8, Nutrition Score:3.1299999978231%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 118.7kcal (5.93%), Fat: 7.41g (11.4%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 7.18g (2.61%), Sugar: 3.42g (3.8%), Cholesterol: 0mg (0%), Sodium: 742.71mg (32.29%), Alcohol: 2.3g (100%), Alcohol %: 1.06% (100%), Protein: 1.53g (3.06%), Manganese: 0.18mg (8.93%), Vitamin B6: 0.11mg (5.69%), Vitamin E: 0.84mg (5.62%), Vitamin K: 5.39µg (5.13%), Fiber: 1.23g (4.93%), Iron: 0.87mg (4.84%), Vitamin C: 3.97mg (4.81%), Potassium: 150.85mg (4.31%), Folate: 13.29µg (3.32%), Vitamin A: 147.64IU (2.95%), Phosphorus:

29.29mg (2.93%), Magnesium: 11.25mg (2.81%), Vitamin B3: 0.52mg (2.62%), Calcium: 23.8mg (2.38%), Copper: 0.05mg (2.33%), Vitamin B1: 0.03mg (2.11%), Vitamin B2: 0.03mg (1.74%), Selenium: 1.16µg (1.66%), Zinc: 0.18mg (1.17%), Vitamin B5: 0.11mg (1.14%)