



Beef Tenderloin with Tomatoes, Shallots and Maytag Blue

 Gluten Free

READY IN



90 min.

SERVINGS



40

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 center-cut beef tenderloin
- ☐ 4 ounces maytag cheese blue crumbled
- ☐ 2 pints cherry tomatoes halved
- ☐ 1 cup cooking wine dry red
- ☐ 3.5 tablespoons olive oil extra-virgin
- ☐ 40 servings salt and pepper black freshly ground
- ☐ 1.5 pounds shallots peeled

- ☐ 4 thyme sprigs
- ☐ 2 tablespoons vegetable oil

Equipment

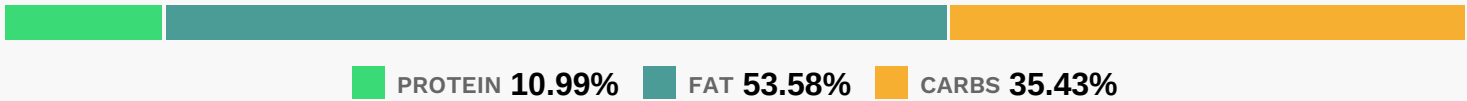
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat the oven to 35
- ☐ Spread the tomatoes and shallots on separate rimmed baking sheets.
- ☐ Add 1/2 cup of the wine, 2 tablespoons of the oil and 2 thyme sprigs to the tomatoes.
- ☐ Add the remaining 1 1/2 tablespoons of olive oil and 2 thyme sprigs to the shallots. Season the tomatoes and shallots with salt and pepper, toss well and spread in even layers.
- ☐ Bake for about 40 minutes, until the tomatoes and shallots are very tender. Discard the thyme.
- ☐ Increase the oven temperature to 42
- ☐ Season the tenderloin with salt and pepper. In a large ovenproof skillet, heat the vegetable oil until shimmering.
- ☐ Add the tenderloin and cook over high heat until browned, 4 minutes. Turn the tenderloin and cook for 3 minutes.
- ☐ Transfer the skillet to the oven and roast for 10 minutes. Turn the tenderloin and roast for 10 minutes longer, until an instant-read thermometer inserted in the thickest part of the meat registers 125 for medium-rare.
- ☐ Transfer the tenderloin to a carving board and let rest for 10 minutes.
- ☐ Pour off the fat in the skillet.
- ☐ Add the remaining 1/2 cup of wine and boil until reduced by half, scraping up the browned bits, 3 minutes.
- ☐ Remove the skillet from the heat and stir in the tomatoes, shallots and their juices.

Slice the beef 1/3 inch thick and transfer to plates; spoon the tomatoes, shallots and sauce on top. Dot with the cheese and serve.

Nutrition Facts



Properties

Glycemic Index:3.35, Glycemic Load:0.73, Inflammation Score:-3, Nutrition Score:2.295217362435%

Flavonoids

Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 1.57mg, Malvidin: 1.57mg, Malvidin: 1.57mg, Malvidin: 1.57mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 48.69kcal (2.43%), Fat: 2.77g (4.26%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 4.12g (1.37%), Net Carbohydrates: 3.37g (1.22%), Sugar: 1.94g (2.16%), Cholesterol: 2.13mg (0.71%), Sodium: 37.3mg (1.62%), Alcohol: 0.63g (100%), Alcohol %: 1.55% (100%), Protein: 1.28g (2.55%), Vitamin C: 6.92mg (8.38%), Manganese: 0.09mg (4.46%), Vitamin B6: 0.08mg (4.14%), Potassium: 117.6mg (3.36%), Fiber: 0.75g (3%), Vitamin A: 143.3IU (2.87%), Vitamin K: 3.02µg (2.87%), Phosphorus: 28.07mg (2.81%), Vitamin E: 0.38mg (2.53%), Folate: 9.94µg (2.49%), Calcium: 24.72mg (2.47%), Iron: 0.41mg (2.27%), Copper: 0.04mg (1.79%), Magnesium: 6.68mg (1.67%), Vitamin B1: 0.02mg (1.31%), Vitamin B5: 0.13mg (1.31%), Zinc: 0.18mg (1.2%), Vitamin B2: 0.02mg (1.18%), Selenium: 0.74µg (1.05%)