



Beef Wellington

 Popular

READY IN

ready

60 min.

SERVINGS

servings

8

CALORIES

calories

396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds beef tenderloin
- ☐ 2 tablespoons butter softened
- ☐ 10.5 ounce beef broth canned
- ☐ 1 egg yolk beaten
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 2 ounces liver pate
- ☐ 1 onion chopped
- ☐ 17.5 ounce puff pastry frozen thawed

- ☐ 2 tablespoons red wine
- ☐ 8 servings salt and pepper to taste

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Place beef in a small baking dish, and spread with 2 tablespoons softened butter.
- ☐ Bake for 10 to 15 minutes, or until browned.
- ☐ Remove from pan, and allow to cool completely. Reserve pan juices.
- ☐ Melt 2 tablespoons butter in a skillet over medium heat.
- ☐ Saute onion and mushrooms in butter for 5 minutes.
- ☐ Remove from heat, and let cool.
- ☐ Mix together pate and 2 tablespoons softened butter, and season with salt and pepper.
- ☐ Spread pate over beef. Top with onion and mushroom mixture.
- ☐ Roll out the puff pastry dough, and place beef in the center. Fold up, and seal all the edges, making sure the seams are not too thick.
- ☐ Place beef in a 9x13 inch baking dish, cut a few slits in the top of the dough, and brush with egg yolk.
- ☐ Bake at 450 degrees F (230 degrees C) for 10 minutes, then reduce heat to 425 degrees F (220 degrees C) for 10 to 15 more minutes, or until pastry is a rich, golden brown. Set aside, and keep warm.
- ☐ Place all reserved juices in a small saucepan over high heat. Stir in beef stock and red wine; boil for 10 to 15 minutes, or until slightly reduced. Strain, and serve with beef.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:15.48, Inflammation Score:-8, Nutrition Score:14.57347821671%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 396.22kcal (19.81%), Fat: 27.44g (42.21%), Saturated Fat: 8.13g (50.82%), Carbohydrates: 29.92g (9.97%), Net Carbohydrates: 28.7g (10.43%), Sugar: 1.2g (1.33%), Cholesterol: 51.32mg (17.11%), Sodium: 516.1mg (22.44%), Alcohol: 0.4g (100%), Alcohol %: 0.18% (100%), Protein: 7.12g (14.24%), Vitamin B12: 4.28µg (71.35%), Copper: 0.79mg (39.44%), Selenium: 20.01µg (28.59%), Vitamin A: 1318.51IU (26.37%), Vitamin B2: 0.42mg (24.74%), Vitamin B3: 4.05mg (20.26%), Folate: 76.73µg (19.18%), Vitamin B1: 0.28mg (18.43%), Manganese: 0.36mg (17.78%), Iron: 2.14mg (11.88%), Vitamin K: 10.53µg (10.03%), Phosphorus: 89.1mg (8.91%), Vitamin B5: 0.69mg (6.95%), Vitamin B6: 0.13mg (6.32%), Fiber: 1.22g (4.9%), Zinc: 0.73mg (4.85%), Potassium: 127.36mg (3.64%), Magnesium: 14.49mg (3.62%), Vitamin E: 0.5mg (3.36%), Calcium: 16.29mg (1.63%), Vitamin C: 1.24mg (1.5%), Vitamin D: 0.22µg (1.46%)