

# Campbell's Kitchen Beef Wellington

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 pounds frangelico
- 1 tablespoon butter
- 1 eggs
- 2 cups mushrooms finely chopped
- 1 medium onion finely chopped
- 1 sheet puff pastry pepperidge farm®
- 1 tablespoon water

## Equipment

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

## Directions

- Place beef in lightly greased roasting pan. Season with black pepper, if desired. Roast at 425 degrees F for 30 minutes or until meat thermometer reads 130 degrees F. Cover and refrigerate 1 hour.
- Thaw pastry sheet at room temperature 40 minutes. Preheat oven to 425 degrees F.
- Mix egg and water.
- Heat butter in skillet over medium-high heat. Cook mushrooms and onion until vegetables are tender and liquid is evaporated.
- Unfold pastry on lightly floured surface.
- Roll into rectangle 4 inches longer and 6 inches wider than beef.
- Brush with egg mixture. Spoon mushroom mixture onto pastry to within 1 inch of edges.
- Place beef in center of mushroom mixture. Starting at long sides, fold pastry over beef. Fold in ends. Press edges to seal.
- Place seam-side down on baking sheet.
- Brush with egg mixture.
- Bake for 25 minutes or until golden and thermometer reads 140 degrees F.

## Nutrition Facts

    
 **PROTEIN 7.59%**  **FAT 60.92%**  **CARBS 31.49%**

## Properties

Glycemic Index:11.5, Glycemic Load:6.35, Inflammation Score:-2, Nutrition Score:4.0752173662186%

## Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

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

Calories: 159.98kcal (8%), Fat: 10.96g (16.86%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 12g (4.36%), Sugar: 1.04g (1.16%), Cholesterol: 16.37mg (5.46%), Sodium: 81.93mg (3.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Selenium: 9.12µg (13.03%), Vitamin B2: 0.17mg (10.01%), Vitamin B3: 1.73mg (8.65%), Vitamin B1: 0.12mg (8%), Manganese: 0.14mg (7.2%), Folate: 26.55µg (6.64%), Copper: 0.1mg (4.83%), Iron: 0.82mg (4.57%), Phosphorus: 43.44mg (4.34%), Vitamin K: 4µg (3.81%), Vitamin B5: 0.37mg (3.7%), Fiber: 0.75g (2.99%), Potassium: 98.72mg (2.82%), Vitamin B6: 0.05mg (2.3%), Zinc: 0.31mg (2.04%), Magnesium: 7.33mg (1.83%), Vitamin E: 0.23mg (1.51%), Vitamin A: 74.3IU (1.49%), Vitamin C: 1.22mg (1.48%)