



Coffee-Crusted Beef Tenderloin

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



45 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound frangelico trimmed
- 1.5 teaspoons pepper black divided freshly ground
- 2 teaspoons brown sugar
- 1 tablespoon hot-brewed coffee dark freshly ground
- 2 cups hot-brewed coffee dark brewed
- 1 tablespoon flour all-purpose
- 3 garlic clove minced
- 0.3 teaspoon kosher salt

- 1 teaspoon kosher salt
- 14 ounce beef broth canned
- 1 tablespoon olive oil
- 0.8 cup shallots chopped
- 0.1 teaspoon salt
- 0.5 teaspoon salt

Equipment

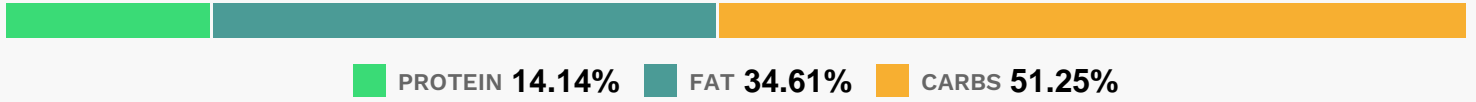
- bowl
- frying pan
- oven
- whisk
- roasting pan
- kitchen thermometer

Directions

- Preheat oven to 50
- Combine ground coffee, 1 teaspoon salt, and 1 1/4 teaspoons pepper; gently press onto beef.
- Place tenderloin on a rack coated with cooking spray in a shallow roasting pan.
- Bake at 500 for 20 minutes. Reduce oven temperature to 300; bake tenderloin for 20 minutes or until a thermometer registers 145 (medium-rare) or desired degree of doneness.
- Remove from oven; let stand 10 minutes before slicing.
- . While beef cooks, place flour in a small bowl; gradually add broth and brewed coffee, stirring with a whisk until well blended.
- Heat oil in a large nonstick skillet over medium heat.
- Add shallots; saut 5 minutes or until tender. Stir in garlic; saut 1 minute.
- Add broth mixture, and bring to a boil over medium-high heat, stirring frequently. Cook until sauce is reduced to 1 cup (about 20 to 25 minutes). Stir in remaining 1/4 teaspoon pepper, brown sugar, and 1/4 teaspoon salt.
- Serve sauce with sliced beef.

Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:1.57, Inflammation Score:-2, Nutrition Score:2.2091304632309%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.05mg,
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin:
0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 44.98kcal (2.25%), Fat: 1.81g (2.79%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 6.03g (2.01%), Net
Carbohydrates: 5.18g (1.88%), Sugar: 2.73g (3.04%), Cholesterol: 0mg (0%), Sodium: 640.47mg (27.85%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Caffeine: 24.44mg (8.15%), Protein: 1.66g (3.33%), Manganese: 0.15mg (7.69%),
Potassium: 215.2mg (6.15%), Vitamin B6: 0.09mg (4.65%), Fiber: 0.85g (3.41%), Vitamin B2: 0.06mg (3.38%), Folate:
10.59µg (2.65%), Vitamin C: 2.13mg (2.58%), Vitamin B5: 0.24mg (2.37%), Iron: 0.39mg (2.18%), Vitamin B1: 0.03mg
(2.13%), Magnesium: 7.72mg (1.93%), Phosphorus: 18.51mg (1.85%), Vitamin K: 1.93µg (1.84%), Vitamin E: 0.27mg
(1.82%), Copper: 0.03mg (1.57%), Calcium: 14.45mg (1.45%), Vitamin B3: 0.23mg (1.15%), Selenium: 0.78µg (1.11%)