



Cognac-Marinated Beef Tenderloin Sandwiches with Horseradish Cream

READY IN



45 min.

SERVINGS



30

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.5 pound frangelico trimmed
- 0.5 teaspoon pepper black freshly ground
- 0.3 cup cognac
- 2 tablespoons chives fresh minced
- 2 tablespoons tarragon fresh minced
- 2 teaspoons thyme sprigs fresh chopped
- 2 garlic clove minced
- 2 tablespoons horseradish prepared

- 1 teaspoon kosher salt
- 0.3 cup mayonnaise low-fat
- 0.5 cup cream sour reduced-fat
- 1.5 ounce sandwich rolls cut in half horizontally
- 0.3 cup shallots finely chopped
- 0.3 cup water

Equipment

- oven
- roasting pan
- ziploc bags
- kitchen twine

Directions

- To prepare cream, combine first 4 ingredients. Cover and chill.
- To prepare tenderloin, secure tenderloin at 1-inch intervals with twine.
- Combine tenderloin, shallots, and the next 6 ingredients (through garlic) in a large zip-top plastic bag; seal. Shake to coat tenderloin evenly with cognac mixture. Marinate in refrigerator at least 2 hours, turning bag occasionally.
- Preheat oven to 45
- Remove tenderloin from bag; discard marinade.
- Sprinkle tenderloin evenly with salt.
- Place tenderloin in a shallow roasting pan coated with cooking spray.
- Bake at 450 for 40 minutes or until medium-rare or desired degree of doneness.
- Let stand 10 minutes before slicing.
- Cut tenderloin crosswise into thin slices.
- Spread 1 1/2 teaspoons cream on bottom half of each roll; top each roll with about 1 ounce beef and top half of roll.

Nutrition Facts



■ PROTEIN 9.82% ■ FAT 47.44% ■ CARBS 42.74%

Properties

Glycemic Index:10.07, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:0.9769565237929%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 25.78kcal (1.29%), Fat: 1.07g (1.64%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.95g (0.71%), Sugar: 0.41g (0.46%), Cholesterol: 1.74mg (0.58%), Sodium: 114.01mg (4.96%), Alcohol: 0.89g (100%), Alcohol %: 2.03% (100%), Protein: 0.5g (1%), Manganese: 0.06mg (3.21%), Vitamin K: 1.88µg (1.79%), Iron: 0.27mg (1.52%), Calcium: 15.11mg (1.51%), Vitamin C: 1.12mg (1.36%), Vitamin B6: 0.03mg (1.29%), Folate: 4.89µg (1.22%), Selenium: 0.85µg (1.21%), Potassium: 38.48mg (1.1%), Vitamin B2: 0.02mg (1.04%)