



Cook the Book: Roasted Beef Tenderloin with Red Wine Butter Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pound frangelico whole trimmed
- ☐ 2 tablespoons peppercorns whole black
- ☐ 3 tablespoons canola oil
- ☐ 1 cup wine dry red
- ☐ 1 cup red wine vinegar
- ☐ 6 servings pepper black freshly ground fine
- ☐ 1 shallots thinly sliced

- ☐ 2 thyme sprigs
- ☐ 12 ounces butter unsalted cold cut into pieces

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Preheat the oven to 400°F.
- ☐ Boil the red wine, vinegar, shallot, peppercorns and thyme in a saucepan over high heat until reduced to 1/2 cup, about 10 minutes. Set the wine reduction aside.
- ☐ Generously season the tenderloin on all sides with salt and pepper.
- ☐ Heat the oil in a large roasting pan over high heat. Carefully add the tenderloin to the roasting pan, then transfer the pan to the oven and roast the tenderloin, turning every 5 minutes, for 15 to 20 minutes, or until a meat thermometer registers 120°F for medium-rare.
- ☐ While the tenderloin is roasting, finish the sauce by gradually whisking the cold butter into the warm sauce until it is fully emulsified. Strain the sauce through a fine-mesh sieve into a small saucepan. Season the sauce to taste with salt and pepper; keep warm.
- ☐ Remove the roasted tenderloin from the oven and let it rest for at least 5 minutes (the meat will continue cooking at this time).
- ☐ Transfer the rested tenderloin to a cutting board and slice it crosswise. Arrange the sliced tenderloin on a large platter.
- ☐ Pour any of the juices from the roasting pan into the butter sauce and serve immediately with the tenderloin.

Nutrition Facts



 **PROTEIN 0.81%**  **FAT 95.86%**  **CARBS 3.33%**

Properties

Glycemic Index:23.17, Glycemic Load:0.61, Inflammation Score:-8, Nutrition Score:5.3308696124865%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 521.13kcal (26.06%), Fat: 53.11g (81.71%), Saturated Fat: 29.69g (185.57%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 3.11g (1.13%), Sugar: 0.38g (0.43%), Cholesterol: 121.9mg (40.63%), Sodium: 10.64mg (0.46%), Alcohol: 4.2g (100%), Alcohol %: 1.01% (100%), Protein: 1.01g (2.01%), Vitamin A: 1451.69IU (29.03%), Manganese: 0.48mg (23.82%), Vitamin E: 2.58mg (17.19%), Vitamin K: 14.61µg (13.92%), Vitamin D: 0.85µg (5.67%), Fiber: 1.05g (4.19%), Iron: 0.63mg (3.51%), Calcium: 34.1mg (3.41%), Copper: 0.06mg (3.21%), Potassium: 90.72mg (2.59%), Phosphorus: 25.07mg (2.51%), Magnesium: 10.01mg (2.5%), Vitamin B2: 0.03mg (1.64%), Vitamin B12: 0.1µg (1.61%), Vitamin B6: 0.03mg (1.36%), Vitamin C: 1.07mg (1.29%), Vitamin B5: 0.12mg (1.24%), Selenium: 0.79µg (1.12%)