

Easy Beef Wellington

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 pounds frangelico
- 1 serving salt and pepper freshly ground
- 2 tablespoons olive oil
- 6 ounces foie gras pate room temperature (or other liver)
- 17.3 ounces dough frozen thawed
- 1 large eggs beaten
- 1 serving frangelico

Equipment

- frying pan
- baking sheet
- oven
- wire rack
- kitchen thermometer
- aluminum foil

Directions

- Set a wire rack on a rimmed baking sheet. Season beef with salt and pepper.
- Heat oil in a large saute pan over high heat until hot.. Brown beef on all sides, about 10 minutes.
- Transfer to wire rack until cool to the touch, about 10 minutes.
- Spread pate, then duxelles (a cooked mushroom mixture) over fillet.
- On a lightly floured work surface, overlap 2 puff-pastry sheets by 1/2 inch.
- Roll out to a 12-by-20-inch rectangle.
- Place beef lengthwise in middle; wrap pastry around beef so long sides overlap.
- Place seam side down on a clean wire rack on the baking sheet, and tuck pastry ends underneath.
- Brush with egg. Refrigerate 30 minutes (or up to 4 hours).
- Preheat oven to 400 degrees.
- Bake until pastry is golden brown, about 30 minutes. Tent with foil; bake until center of beef registers 130 degrees on an instant-read thermometer (inserted through bottom side) for rare, about 15 minutes more.
- Transfer to a clean wire rack set over another baking sheet.
- Let stand 20 minutes before carving.

Nutrition Facts



PROTEIN 13.96% **FAT 31.64%** **CARBS 54.4%**

Properties

Glycemic Index:3.17, Glycemic Load:7.85, Inflammation Score:-10, Nutrition Score:19.320434997911%

Nutrients (% of daily need)

Calories: 167.29kcal (8.36%), Fat: 5.78g (8.89%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 22.36g (7.45%), Net Carbohydrates: 21.59g (7.85%), Sugar: 0.09g (0.1%), Cholesterol: 88.5mg (29.5%), Sodium: 238.79mg (10.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.48%), Vitamin B12: 7.69µg (128.19%), Vitamin A: 4416.39IU (88.33%), Copper: 1.11mg (55.52%), Folate: 142.43µg (35.61%), Iron: 5.72mg (31.79%), Selenium: 20.43µg (29.18%), Vitamin B1: 0.3mg (20.12%), Vitamin B2: 0.28mg (16.73%), Vitamin B3: 2.58mg (12.92%), Vitamin B5: 1.06mg (10.64%), Manganese: 0.2mg (9.76%), Phosphorus: 75.81mg (7.58%), Vitamin B6: 0.13mg (6.35%), Zinc: 0.69mg (4.59%), Fiber: 0.77g (3.1%), Vitamin E: 0.41mg (2.75%), Magnesium: 10.02mg (2.5%), Vitamin K: 2.44µg (2.32%), Potassium: 68.54mg (1.96%), Calcium: 12.94mg (1.29%)