



Gorgonzola- and Mushroom-Stuffed Beef Tenderloin with Merlot Sauce

READY IN



80 min.

SERVINGS



8

CALORIES



211 kcal

SIDE DISH

Ingredients

- 0.3 cup beef broth flavored (from 32-oz carton)
- 2.5 lb frangelico
- 1 cup breadcrumbs soft ()
- 1 tablespoon butter
- 3 oz mushrooms fresh sliced
- 0.3 cup parsley fresh chopped
- 0.5 cup currant jelly
- 0.5 cup roquefort cheese crumbled

- 0.3 teaspoon coarse salt (kosher or sea salt)
- 1 tablespoon vegetable oil
- 0.5 cup red wine

Equipment

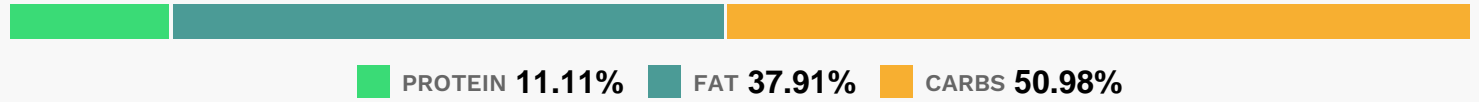
- frying pan
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- kitchen twine

Directions

- Heat oven to 425F. To cut beef so that it can be filled and rolled, cut horizontally down length of beef, about 1/2 inch from top of beef, to within 1/2 inch of opposite side; open flat. Turn beef. Repeat with other side of beef, cutting from the inside edge to within 1/2 inch of opposite edge; open flat.
- In 10-inch skillet, melt 1 tablespoon butter over medium-high heat.
- Add mushrooms; cook, stirring occasionally, until tender and liquid has evaporated. Cool 5 minutes.
- Add bread crumbs, cheese and parsley; toss to combine.
- Sprinkle bread crumb mixture over beef to within 1 inch of edges. Tightly roll up beef, beginning with long side. Turn small end of beef under about 6 inches so it cooks evenly. Tie beef with kitchen string at about 1 1/2-inch intervals. In shallow roasting pan, place beef, seam side down, on rack.
- Brush with oil; sprinkle with salt. Insert ovenproof meat thermometer so tip is in center of thickest part of beef.
- Bake uncovered 30 to 40 minutes or until thermometer reads at least 140F. Cover beef loosely with foil and let stand about 15 minutes or until thermometer reads 145F. (Temperature will continue to rise about 5F, and beef will be easier to carve.)

- Meanwhile, in 1-quart saucepan, heat all sauce ingredients to boiling, stirring occasionally. Reduce heat to low; simmer uncovered 35 to 40 minutes, stirring occasionally, until sauce is slightly reduced and syrupy.
- Remove string from beef before carving.
- Serve beef with sauce.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:8.16, Inflammation Score:-5, Nutrition Score:7.1208695127912%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 210.86kcal (10.54%), Fat: 8.44g (12.98%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 25.53g (8.51%), Net Carbohydrates: 24.52g (8.92%), Sugar: 11.46g (12.74%), Cholesterol: 13.31mg (4.44%), Sodium: 492.37mg (21.41%), Alcohol: 1.59g (100%), Alcohol %: 0.88% (100%), Protein: 5.56g (11.12%), Vitamin K: 34.83µg (33.17%), Calcium: 131.97mg (13.2%), Vitamin B2: 0.21mg (12.27%), Vitamin B1: 0.15mg (10.08%), Selenium: 7.04µg (10.06%), Phosphorus: 99.33mg (9.93%), Manganese: 0.17mg (8.29%), Vitamin B3: 1.51mg (7.56%), Vitamin A: 375.66IU (7.51%), Folate: 29µg (7.25%), Iron: 1.09mg (6.06%), Vitamin C: 4.59mg (5.56%), Vitamin B5: 0.51mg (5.09%), Copper: 0.1mg (4.95%), Zinc: 0.61mg (4.08%), Fiber: 1.01g (4.04%), Magnesium: 14.99mg (3.75%), Potassium: 124.32mg (3.55%), Vitamin B6: 0.06mg (3.06%), Vitamin B12: 0.15µg (2.55%), Vitamin E: 0.24mg (1.63%)