



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 progresso® (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

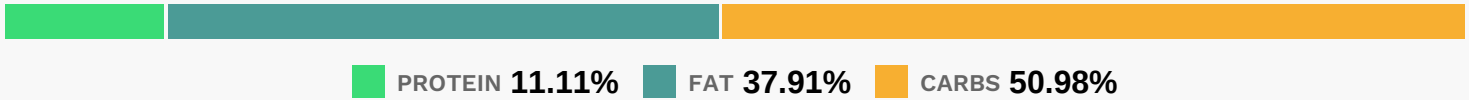
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Heat oven to 425°F. 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 140°F. Cover beef loosely with foil and let stand about 15 minutes or until thermometer reads 145°F. (Temperature will continue to rise about 5°F, 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%)