



Herb Crusted Beef Tenderloin

 Gluten Free

READY IN



235 min.

SERVINGS



6

CALORIES



827 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds center cut beef tenderloin trimmed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 3 eggs
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 1.5 teaspoons thyme leaves fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 teaspoons garlic minced

- ☐ 3 tablespoons garlic minced
- ☐ 0.5 pound gruyere cheese grated
- ☐ 1.5 cups heavy cream
- ☐ 1 tablespoon kosher salt
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 teaspoon nutmeg grated
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons parsley fresh italian chopped
- ☐ 0.5 cup ruby port
- ☐ 1.5 pounds onion red thinly sliced
- ☐ 0.5 cup red wine vinegar
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 3 pounds yukon gold potatoes very thinly sliced

Equipment

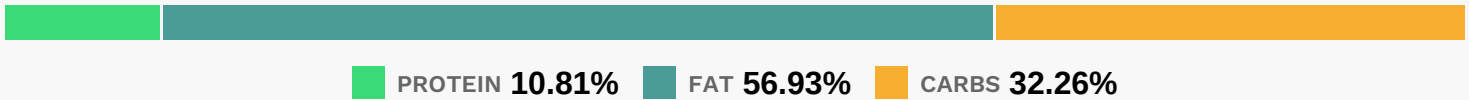
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Special equipment: an ovenproof skillet and butcher's string 8 by 8 by 2-inch baking pan and parchment paper
- ☐ Preheat the oven to 400 degrees F.
- ☐ Tie the beef with butcher's string and rub with the olive oil.

- ☐ Combine the rosemary, parsley, thyme, and garlic and pat the mixture on the beef. Season the beef with salt and pepper.
- ☐ Over high heat sear the beef in an ovenproof skillet, turning to brown on all sides, about 5 minutes.
- ☐ Place the skillet directly into the oven and roast the beef for 20 to 25 minutes.
- ☐ Let the beef rest for 10 minutes before removing the string and slicing.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Line the bottom and sides of an 8 by 8 by 2-inch baking pan with parchment paper. Rub the parchment paper with butter and a little bit of the garlic.
- ☐ Lay the potatoes in overlapping rows to cover the bottom of the parchment paper.
- ☐ Sprinkle with some of the cheese and garlic. Repeat the layering process until all the potatoes, cheese and garlic have been used.
- ☐ Whisk together the eggs, cream, salt, pepper, and nutmeg.
- ☐ Pour the egg mixture over the potatoes. Press down on the potatoes to distribute the egg mixture. Cover the dish with parchment paper and bake for 1 1/2 hours. (
- ☐ Remove the parchment paper from the top for the last 20 minutes to brown the top).
- ☐ Allow the flan to rest for at least 15 minutes before turning out of the pan and cutting into serving sizes. This dish is best made a day ahead, then portioned and reheated in 400 degree F oven for 10 to 15 minutes.
- ☐ In a medium pot heat the olive oil over medium-high heat, add the onions, and cook for 7 minutes until soft, stirring frequently. Stir in the sugar and salt, and cook for a further 7 minutes.
- ☐ Add the port and vinegar, and bring to a boil. Reduce the heat to medium-low and simmer for 30 minutes or until thickened. Stir in the thyme. Keeps for 1 week stored in the refrigerator in an airtight container

Nutrition Facts



Properties

Glycemic Index:82.81, Glycemic Load:37.84, Inflammation Score:-10, Nutrition Score:26.636956422225%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 25.08mg, Quercetin: 25.08mg, Quercetin: 25.08mg, Quercetin: 25.08mg

Nutrients (% of daily need)

Calories: 827.32kcal (41.37%), Fat: 51.8g (79.69%), Saturated Fat: 24.76g (154.74%), Carbohydrates: 66.03g (22.01%), Net Carbohydrates: 58.52g (21.28%), Sugar: 18.49g (20.54%), Cholesterol: 195.67mg (65.22%), Sodium: 2084.68mg (90.64%), Alcohol: 3.06g (100%), Alcohol %: 0.56% (100%), Protein: 22.13g (44.27%), Vitamin C: 57.01mg (69.1%), Calcium: 510.56mg (51.06%), Phosphorus: 483.82mg (48.38%), Vitamin B6: 0.96mg (48.19%), Manganese: 0.8mg (39.98%), Potassium: 1308.63mg (37.39%), Fiber: 7.5g (30.02%), Vitamin A: 1483.03IU (29.66%), Vitamin B2: 0.44mg (25.9%), Selenium: 16.21µg (23.16%), Magnesium: 91.92mg (22.98%), Vitamin E: 2.97mg (19.79%), Vitamin B1: 0.29mg (19.52%), Zinc: 2.87mg (19.16%), Folate: 75.43µg (18.86%), Copper: 0.37mg (18.74%), Vitamin K: 18.69µg (17.8%), Iron: 3.16mg (17.55%), Vitamin B5: 1.57mg (15.72%), Vitamin B12: 0.9µg (15%), Vitamin B3: 2.73mg (13.66%), Vitamin D: 1.65µg (11.03%)