



Herb-rubbed Beef Tenderloin

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



121 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 cup beef broth
- ☐ 2 pound frangelico trimmed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup wine dry red
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 0.5 teaspoon thyme sprigs fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 2 tablespoons garlic minced

- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 4 tablespoons butter unsalted chilled cut into 4 pieces

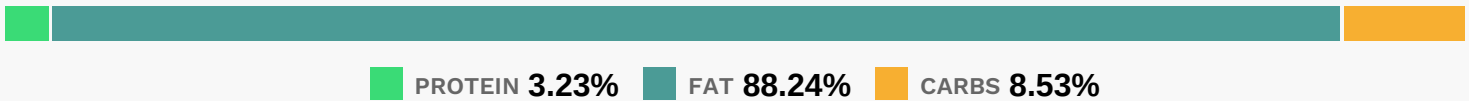
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Heat oil in a large heavy-bottom ovenproof skillet.
- ☐ Sprinkle tenderloin with salt and pepper, and cook on all sides 5 minutes or until well-browned.
- ☐ Remove skillet from heat, and place tenderloin on a plate.
- ☐ Sprinkle tenderloin with garlic, rosemary, and 1 tablespoon thyme, pressing to adhere. Return tenderloin to skillet, and bake at 400 for 20 minutes (to 145 for medium rare) or to desired degree of doneness.
- ☐ Remove from skillet; let stand 10 minutes before slicing.
- ☐ Add broth and wine to skillet, and place over medium-high heat; bring to a boil, and cook 7 minutes or until reduced to 1/2 cup. Reduce heat to low; whisk in butter one piece at a time. Stir in 1/2 teaspoon thyme.
- ☐ Serve with sliced tenderloin.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:0.33, Inflammation Score:-8, Nutrition Score:1.7700000185034%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 121.42kcal (6.07%), Fat: 10.05g (15.47%), Saturated Fat: 5.18g (32.38%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.03g (0.04%), Cholesterol: 20.07mg (6.69%), Sodium: 538.15mg (23.4%), Alcohol: 3.15g (100%), Alcohol %: 1.67% (100%), Protein: 0.83g (1.66%), Vitamin A: 307.48IU (6.15%), Manganese: 0.1mg (4.87%), Vitamin E: 0.56mg (3.71%), Vitamin C: 3.04mg (3.68%), Vitamin K: 2.38µg (2.26%), Iron: 0.4mg (2.24%), Vitamin B6: 0.04mg (2.18%), Vitamin B3: 0.36mg (1.82%), Calcium: 16.92mg (1.69%), Potassium: 47.2mg (1.35%), Phosphorus: 13.42mg (1.34%), Fiber: 0.33g (1.33%), Vitamin B2: 0.02mg (1.27%), Magnesium: 4.39mg (1.1%), Selenium: 0.76µg (1.09%), Copper: 0.02mg (1.02%)