



Herbed Beef Tenderloin with Two-Onion Jus

READY IN



45 min.

SERVINGS



12

CALORIES



38 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup brandy
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 cups less-sodium beef broth fat-free divided
- ☐ 1 tablespoon oregano fresh divided chopped
- ☐ 3 pound beef tenderloin roast trimmed
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup shallots chopped

☐ 1.5 cups onion sweet chopped

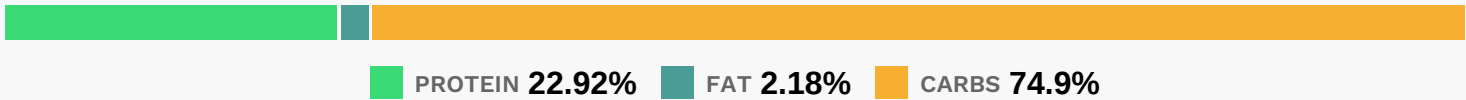
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Let tenderloin stand at room temperature 1 hour.
- ☐ Preheat oven to 45
- ☐ Rub tenderloin with salt, pepper, 2 teaspoons oregano, and thyme. Set on a rack in a roasting pan; arrange onion and shallots in bottom of pan.
- ☐ Pour 1 cup broth into pan.
- ☐ Bake at 450 for 30 minutes or until thermometer registers 125 or until desired degree of doneness.
- ☐ Let stand 10 minutes before slicing.
- ☐ Place liquid from roasting pan in a large skillet over medium-high heat, scraping roasting pan to loosen browned bits. Bring to a boil; cook 5 minutes or until liquid evaporates and onions begin to brown. Stir in remaining 1 teaspoon oregano, wine, and brandy. Bring to a boil; cook 2 minutes. Stir in remaining 1 cup broth. Bring to a boil; cook 3 minutes.
- ☐ Serve broth mixture with beef.

Nutrition Facts



Properties

Glycemic Index:10.58, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:1.4308695715407%

Flavonoids

Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 1.75mg, Malvidin: 1.75mg, Malvidin: 1.75mg, Malvidin: 1.75mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 38.31kcal (1.92%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 2.99g (1.09%), Sugar: 1.8g (2%), Cholesterol: 0mg (0%), Sodium: 221.65mg (9.64%), Alcohol: 2.93g (100%), Alcohol %: 1.88% (100%), Protein: 1.13g (2.26%), Potassium: 143.71mg (4.11%), Manganese: 0.07mg (3.73%), Vitamin B6: 0.07mg (3.26%), Fiber: 0.71g (2.83%), Vitamin K: 2.8µg (2.66%), Vitamin C: 2.03mg (2.45%), Folate: 9.02µg (2.26%), Iron: 0.36mg (2%), Calcium: 15.25mg (1.53%), Magnesium: 5.34mg (1.33%), Copper: 0.03mg (1.28%), Phosphorus: 12.44mg (1.24%), Vitamin B1: 0.02mg (1.03%)