



Lobster-Stuffed Tenderloin Of Beef



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon
- ☐ 3 pound beef tenderloin whole
- ☐ 0.5 cup butter
- ☐ 1 tablespoon butter melted
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.1 teaspoon garlic minced
- ☐ 0.5 cup green onion chopped
- ☐ 1.5 teaspoons juice of lemon

- ☐ 2 lobster tail pieces
- ☐ 0.5 teaspoon salt

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Place lobster tails and salt in a medium saucepan, and cover with water. Bring to a boil; reduce heat, and simmer 5 minutes. Carefully remove lobster tails from shells.
- ☐ Cut each piece of lobster tail meat in half lengthwise, and set aside.
- ☐ Cut a horizontal pocket to within 1/2-inch of opposite side of tenderloin, slicing entire length of tenderloin. Carefully stuff lobster, end to end, inside tenderloin.
- ☐ Combine melted butter and lemon juice; drizzle on lobster. Bind meat with cord or skewers to secure opening.
- ☐ Transfer tenderloin to rack in a broiler pan, and set aside.
- ☐ Cook bacon in a skillet until crisp; drain, reserving drippings. Crumble bacon; set aside.
- ☐ Brush entire surface of tenderloin with bacon drippings. Insert meat thermometer in tenderloin, making sure it does not touch roasting pan.
- ☐ Bake at 400 for 25 minutes, or until thermometer registers 130 (rare).
- ☐ Sprinkle top of meat with crumbled bacon.
- ☐ Saut green onion and garlic in 1/2 cup butter.
- ☐ Add wine, and heat thoroughly.
- ☐ Serve sauce with sliced tenderloin.
- ☐ Garnish with parsley sprigs, mushrooms, and tomato roses, if desired.

Nutrition Facts

 **PROTEIN 9.91%**  **FAT 87.53%**  **CARBS 2.56%**

Properties

Glycemic Index:9.63, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:4.7873913257018%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 210.15kcal (10.51%), Fat: 19.51g (30.02%), Saturated Fat: 4.89g (30.54%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.31g (0.35%), Cholesterol: 30.98mg (10.33%), Sodium: 473.55mg (20.59%), Alcohol: 1.54g (100%), Alcohol %: 0.81% (100%), Protein: 4.97g (9.94%), Selenium: 13.44µg (19.2%), Vitamin A: 639.2IU (12.78%), Vitamin K: 13µg (12.38%), Copper: 0.23mg (11.33%), Phosphorus: 58.06mg (5.81%), Zinc: 0.8mg (5.31%), Vitamin B12: 0.3µg (4.94%), Vitamin E: 0.74mg (4.92%), Vitamin B3: 0.97mg (4.85%), Vitamin B6: 0.07mg (3.71%), Vitamin B1: 0.05mg (3.65%), Vitamin B5: 0.35mg (3.47%), Potassium: 100.09mg (2.86%), Magnesium: 11.29mg (2.82%), Calcium: 24.98mg (2.5%), Manganese: 0.04mg (1.97%), Vitamin C: 1.58mg (1.92%), Vitamin B2: 0.03mg (1.7%), Folate: 6.08µg (1.52%), Iron: 0.24mg (1.36%)