



Marinated Beef Tenderloin with Caramelized Onion and Mushroom Ragout

READY IN



45 min.

SERVINGS



8

CALORIES



61 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 pound beef tenderloin trimmed
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced

- ☐ 1 tablespoon honey
- ☐ 0.3 cup less-sodium beef broth fat-free
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.3 cup madeira wine dry
- ☐ 1 pound mushrooms sliced
- ☐ 1 teaspoon olive oil
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 2 cups onion sweet thinly sliced

Equipment

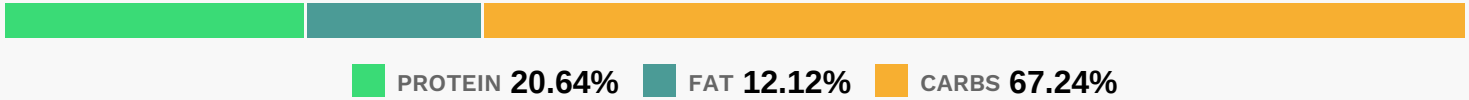
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ To prepare beef, combine first 6 ingredients in a large zip-top plastic bag.
- ☐ Add beef to bag; seal. Marinate in refrigerator 4 hours, turning occasionally.
- ☐ Preheat oven to 45
- ☐ Remove beef from bag; discard marinade.
- ☐ Sprinkle beef with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place beef on a broiler pan coated with cooking spray.
- ☐ Bake at 450 for 35 minutes or until a thermometer registers 135 or until desired degree of doneness.
- ☐ Place tenderloin on a platter; let stand 10 minutes before slicing.

- ☐
- To prepare ragout, heat oil in a large nonstick skillet over medium heat.
- ☐
- Add onion to pan; cook 15 minutes or until lightly browned, stirring occasionally.
- ☐
- Add garlic; cook 1 minute, stirring occasionally. Increase heat to medium-high.
- ☐
- Add mushrooms, 1 tablespoon soy sauce, and thyme; saut 8 minutes. Stir in Madeira; cook 2 minutes or until liquid almost evaporates.
- ☐
- Add broth; cook 2 minutes or until liquid almost evaporates.
- ☐
- Remove from heat; stir in 1 tablespoon vinegar, 1/8 teaspoon salt, and 1/8 teaspoon pepper.

Nutrition Facts



Properties

Glycemic Index:50.03, Glycemic Load:2.48, Inflammation Score:-5, Nutrition Score:5.5382608810197%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 61.22kcal (3.06%), Fat: 0.82g (1.27%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 8.93g (3.25%), Sugar: 6.9g (7.67%), Cholesterol: 0mg (0%), Sodium: 445.6mg (19.37%), Alcohol: 0.77g (100%), Alcohol %: 0.39% (100%), Protein: 3.16g (6.32%), Vitamin B2: 0.26mg (15.14%), Vitamin B3: 2.22mg (11.08%), Copper: 0.22mg (11.07%), Vitamin B5: 0.95mg (9.46%), Selenium: 6.37µg (9.1%), Potassium: 315.76mg (9.02%), Vitamin B6: 0.16mg (8.11%), Phosphorus: 80.14mg (8.01%), Manganese: 0.16mg (7.99%), Folate: 24.4µg (6.1%), Fiber: 1.37g (5.46%), Vitamin C: 4.36mg (5.28%), Vitamin B1: 0.07mg (4.99%), Magnesium: 17.57mg (4.39%), Iron: 0.73mg (4.06%), Zinc: 0.47mg (3.13%), Calcium: 20.77mg (2.08%)