



## Marinated Stuffed Fillet of Beef



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



53 kcal

SIDE DISH

### Ingredients

- ☐ 4 pound beef tenderloin trimmed
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 pound mushrooms fresh sliced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 bunch green onions chopped
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons brown sugar light

- ☐ 0.5 cup soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon vegetable oil
- ☐ 1 cup water

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Saut first 3 ingredients in 1 teaspoon hot vegetable oil in a large skillet over medium-high heat 10 minutes or until all liquid is evaporated; cool.
- ☐ Stir together soy sauce and next 5 ingredients.
- ☐ Make a 1-inch-deep cut lengthwise down top of tenderloin; spoon mushroom mixture into cut. Tie tenderloin with cotton string at 1-inch intervals; place in a large shallow dish.
- ☐ Pour soy sauce mixture over top; cover and chill 2 to 8 hours, turning occasionally.
- ☐ Remove tenderloin from marinade, reserving marinade; place tenderloin on a lightly greased rack in a roasting pan.
- ☐ Add 1 cup water to roasting pan.
- ☐ Bring reserved marinade to a boil in a small saucepan over medium-high heat. Boil 1 minute.
- ☐ Bake tenderloin at 425 for 1 hour and 10 minutes or until a meat thermometer inserted in thickest portion registers 145 (medium-rare) to 160 (medium), basting occasionally with reserved marinade and covering with aluminum foil the last 30 minutes.
- ☐ Let stand 10 minutes before slicing.

## Nutrition Facts



 PROTEIN **17.44%**  FAT **28.28%**  CARBS **54.28%**

Properties

Glycemic Index:17.36, Glycemic Load:1.96, Inflammation Score:-3, Nutrition Score:4.6052173790724%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg 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: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 52.99kcal (2.65%), Fat: 1.66g (2.56%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 6.62g (2.41%), Sugar: 5.85g (6.5%), Cholesterol: 0mg (0%), Sodium: 544.99mg (23.7%), Alcohol: 0.69g (100%), Alcohol %: 0.37% (100%), Protein: 2.31g (4.61%), Vitamin K: 27.45µg (26.14%), Vitamin B2: 0.17mg (10.14%), Vitamin B3: 1.79mg (8.95%), Copper: 0.14mg (7.19%), Vitamin B5: 0.62mg (6.2%), Selenium: 3.74µg (5.34%), Phosphorus: 48.72mg (4.87%), Potassium: 164.36mg (4.7%), Manganese: 0.09mg (4.57%), Vitamin C: 3.01mg (3.64%), Vitamin B6: 0.07mg (3.61%), Iron: 0.58mg (3.23%), Folate: 11.52µg (2.88%), Vitamin B1: 0.04mg (2.66%), Vitamin A: 125.29IU (2.51%), Magnesium: 9.53mg (2.38%), Fiber: 0.57g (2.26%), Zinc: 0.28mg (1.89%), Calcium: 10.2mg (1.02%)