



Mixed Peppercorn Beef Tenderloin with Shallot-Port Reduction

READY IN



45 min.

SERVINGS



8

CALORIES



82 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon balsamic vinegar
- ☐ 2 pound beef tenderloin trimmed
- ☐ 1 tablespoon butter
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 2 sprigs parsley fresh
- ☐ 1 sprig thyme leaves fresh
- ☐ 1.5 cups less-sodium beef broth fat-free
- ☐ 1.5 tablespoons cracked peppercorns mixed

- ☐ 2 cups ruby port sweet
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 3 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer

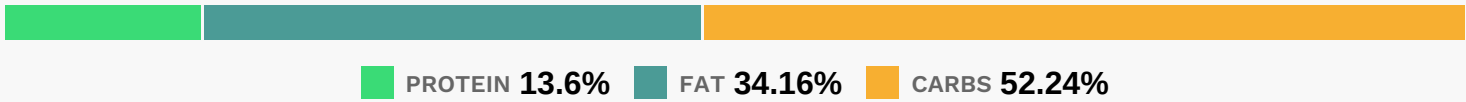
Directions

- ☐ Preheat oven to 45
- ☐ To prepare beef, sprinkle beef evenly with 1 teaspoon salt and peppercorns, pressing firmly to adhere.
- ☐ Place beef in a shallow roasting pan coated with cooking spray.
- ☐ Bake at 450 for 33 minutes or until a thermometer registers 135 or until desired degree of doneness.
- ☐ Let stand 10 minutes before slicing.
- ☐ To prepare reduction, combine port and next 5 ingredients (through thyme) in a medium saucepan; bring to a boil. Cook until reduced to 1 1/4 cups (about 15 minutes). Strain port mixture through a sieve over a bowl; discard solids.
- ☐ Combine flour and 3 tablespoons water. Return port mixture to pan; add flour mixture to pan, stirring with a whisk. Bring to a boil; cook 1 minute or until thickened, stirring constantly with a whisk.

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Remove from heat; stir in butter and vinegar.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:1.58, Inflammation Score:-5, Nutrition Score:2.7508695431702%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 82kcal (4.1%), Fat: 1.51g (2.32%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.41g (1.6%), Sugar: 1.02g (1.13%), Cholesterol: 3.76mg (1.25%), Sodium: 424.97mg (18.48%), Alcohol: 6.36g (100%), Alcohol %: 3.39% (100%), Protein: 1.35g (2.7%), Manganese: 0.35mg (17.66%), Vitamin K: 7.6µg (7.23%), Potassium: 220.3mg (6.29%), Iron: 0.65mg (3.64%), Vitamin B6: 0.07mg (3.32%), Magnesium: 12.73mg (3.18%), Fiber: 0.77g (3.1%), Phosphorus: 23.47mg (2.35%), Copper: 0.04mg (2.12%), Vitamin B2: 0.03mg (1.87%), Calcium: 17.78mg (1.78%), Vitamin A: 82.48IU (1.65%), Folate: 6.49µg (1.62%), Vitamin B1: 0.02mg (1.39%), Vitamin C: 1.12mg (1.36%), Vitamin B3: 0.26mg (1.3%), Selenium: 0.8µg (1.14%), Zinc: 0.15mg (1.03%)