



## Mom's Mushroom Beef Tenderloin

 **Gluten Free**

READY IN



**65 min.**

SERVINGS



**8**

CALORIES



**533 kcal**

**SIDE DISH**

### Ingredients

- 1 pound applewood bacon smoked chopped
- 1 beef tenderloin
- 1 bunch flat-leaf parsley fresh italian chopped
- 3 tablespoons grapeseed oil
- 1 pint heavy cream
- 8 servings kosher salt and pepper black freshly ground
- 2 pounds mushrooms mixed roughly chopped
- 1 large onion diced

## Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- kitchen thermometer
- cutting board

## Directions

- Preheat the oven to 375 degrees F.
- Season the beef tenderloin roast generously with salt and pepper.
- Heat 1 tablespoon grapeseed oil in a large skillet over high heat.
- Add the beef to the skillet and cook, turning occasionally until the beef is brown on all sides, about 5 minutes.
- Transfer the beef to a baking sheet. Roast in the oven until a thermometer inserted into the center of the beef registers 120 degrees F for medium-rare, about 35 minutes.
- Transfer the beef to a cutting board and let rest 10 minutes.
- In a large skillet, heat 2 tablespoons grapeseed oil over medium-high heat.
- Add the mushrooms and saute until browned and lightly crisp.
- In a separate skillet, over high temperature, brown the chopped bacon until crisp.
- Remove the bacon from the skillet and set aside.
- Pour out most of the bacon fat, reserving some in the pan. In the same pan, heat the bacon fat over medium-low heat.
- Add the onions and cook the onions until soft and cooked through, about 8 minutes.
- In a large saucepan, combine the cooked mushrooms, bacon, onions, and cream, and bring to a simmer over medium heat. Simmer for 15 minutes, or until the cream thickens. Stir in the chopped parsley (reserving some for garnish), and season with salt, and pepper, to taste.
- Thinly slice the beef tenderloin and transfer to a warmed serving platter.
- Pour the warm mushroom gravy over top and garnish with chopped parsley.

# Nutrition Facts

PROTEIN 8.67% FAT 82.24% CARBS 9.09%

## Properties

Glycemic Index:22.13, Glycemic Load:2.03, Inflammation Score:-8, Nutrition Score:19.632608931998%

## Flavonoids

Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

## Nutrients (% of daily need)

Calories: 532.82kcal (26.64%), Fat: 49.74g (76.52%), Saturated Fat: 21.67g (135.41%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 8.96g (3.26%), Sugar: 5.28g (5.87%), Cholesterol: 104.26mg (34.75%), Sodium: 406.28mg (17.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.8g (23.61%), Vitamin K: 118.98µg (113.32%), Vitamin B3: 6.83mg (34.15%), Vitamin A: 1491.57IU (29.83%), Selenium: 19.74µg (28.2%), Vitamin B6: 0.53mg (26.65%), Phosphorus: 252.69mg (25.27%), Vitamin B2: 0.42mg (24.44%), Vitamin B5: 2.22mg (22.19%), Potassium: 581.36mg (16.61%), Manganese: 0.32mg (15.8%), Vitamin E: 2.36mg (15.72%), Zinc: 2.09mg (13.92%), Fiber: 3.41g (13.66%), Vitamin C: 11.22mg (13.6%), Vitamin B1: 0.2mg (13.35%), Vitamin D: 1.63µg (10.84%), Copper: 0.21mg (10.53%), Magnesium: 39.23mg (9.81%), Folate: 31.52µg (7.88%), Iron: 1.25mg (6.93%), Vitamin B12: 0.38µg (6.3%), Calcium: 58.73mg (5.87%)