



Mushroom-Stuffed Black Peppercorn Filet of Beef

READY IN



45 min.

SERVINGS



12

CALORIES



44 kcal

SIDE DISH

Ingredients

- ☐ 3 pound beef tenderloin trimmed
- ☐ 2 teaspoons butter
- ☐ 0.3 cup cooking sherry dry
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 2 teaspoons coarsely ground pepper black
- ☐ 0.5 cup onion finely chopped 1 small
- ☐ 2 teaspoons oregano fresh chopped

- ☐ 6 ounces oyster mushrooms chopped
- ☐ 1.5 teaspoons salt divided
- ☐ 0.5 cup shallots finely chopped 2 medium
- ☐ 6 ounces shiitake mushroom caps thinly sliced
- ☐ 1.5 ounce bread white

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ meat tenderizer
- ☐ broiler pan

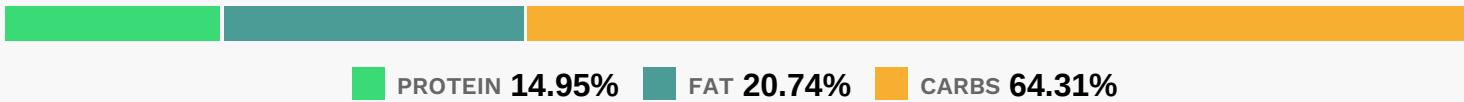
Directions

- ☐ Preheat the oven to 45
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add shallots, onion, and garlic to pan; saut 3 minutes.
- ☐ Add mushrooms, oregano, thyme, and 1/2 teaspoon salt to pan; saut 5 minutes or until liquid evaporates and mushrooms darken.
- ☐ Add sherry to pan; cook 2 minutes or until liquid evaporates.
- ☐ Transfer mixture to a large bowl.
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 cup. Stir breadcrumbs into mushroom mixture. Cool.
- ☐ Slice beef lengthwise, cutting to, but not through, other side. Open the halves, laying beef flat. Slice each half lengthwise, cutting to, but not through, other side.
- ☐ Place heavy-duty plastic wrap over beef; pound to an even thickness using a meat mallet or small heavy skillet.

- ☐
- Spread mushroom mixture down center of beef, leaving a 1/2-inch border.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:2.15, Inflammation Score:-6, Nutrition Score:3.6347825949931%

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 Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 43.65kcal (2.18%), Fat: 0.98g (1.51%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 5.38g (1.95%), Sugar: 1.83g (2.04%), Cholesterol: 1.79mg (0.6%), Sodium: 318.89mg (13.86%), Alcohol: 0.69g (100%), Alcohol %: 0.51% (100%), Protein: 1.59g (3.18%), Manganese: 0.19mg (9.71%), Vitamin B3: 1.49mg (7.43%), Vitamin B6: 0.12mg (6.16%), Fiber: 1.46g (5.84%), Vitamin B2: 0.1mg (5.77%), Phosphorus: 48.86mg (4.89%), Potassium: 168.08mg (4.8%), Vitamin B5: 0.47mg (4.7%), Folate: 16.82µg (4.21%), Copper: 0.08mg (4.07%), Iron: 0.72mg (4%), Vitamin B1: 0.05mg (3.35%), Selenium: 2.34µg (3.34%), Magnesium: 11.76mg (2.94%), Vitamin K: 2.83µg (2.7%), Zinc: 0.37mg (2.49%), Calcium: 23.63mg (2.36%), Vitamin C: 1.87mg (2.26%), Vitamin D: 0.16µg (1.04%)