



Pancetta-Wrapped Beef Tenderloin

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound center-cut beef tenderloin in 1 piece trimmed
- 2 ounces porcini mushrooms dried
- 2 garlic cloves minced
- 7 ounces pancetta chilled thinly sliced
- 6 servings salt and pepper freshly ground
- 4 scallions minced
- 3 large shallots minced
- 3 tablespoons butter unsalted

- 3.5 tablespoons vegetable oil
- 2 cups water boiling

Equipment

- food processor
- frying pan
- baking sheet
- oven
- kitchen thermometer
- wax paper
- serrated knife
- kitchen twine

Directions

- Preheat the oven to 45
- Soak the porcini in the boiling water for 20 minutes. Rub the porcini in the soaking liquid to remove any grit; pat dry and coarsely chop.
- Transfer the porcini to a mini food processor and puree.
- Melt the butter in a medium skillet.
- Add the shallots and cook over moderately low heat until softened.
- Add the garlic and cook for 2 minutes.
- Add the scallions and cook until softened, 2 minutes. Stir in the porcini puree. Season with salt and pepper.
- Let cool.
- Season the roast with salt and pepper.
- Heat 2 tablespoons of the oil in a large skillet. Sear the roast over moderately high heat until browned all over; let cool.
- On a work surface, slightly overlap 3 16-inch pieces of wax paper. Arrange the pancetta on the paper in 4 overlapping rows to form a rectangle the length of the tenderloin.

- Spread the porcini puree over the pancetta. Set the tenderloin on the bottom edge of the pancetta. Using the wax paper as a guide, tightly roll up the roast in the pancetta. Carefully peel off the wax paper. Tie the roast with kitchen string at 1-inch intervals.
- Transfer to a rimmed baking sheet and brush with the remaining 1 1/2 tablespoons of oil.
- Roast the beef for 25 minutes, or until the pancetta is crisp and an instant-read thermometer inserted in the center of the meat registers 12
- Let rest for 10 minutes.
- Cut off the strings and remove. Thickly slice the roast with a serrated knife and serve.

Nutrition Facts

PROTEIN 7.38% **FAT 78.83%** **CARBS 13.79%**

Properties

Glycemic Index:15.33, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:9.6147825355115%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 299.26kcal (14.96%), Fat: 26.86g (41.33%), Saturated Fat: 9.23g (57.69%), Carbohydrates: 10.57g (3.52%), Net Carbohydrates: 8.85g (3.22%), Sugar: 1.39g (1.55%), Cholesterol: 36.88mg (12.29%), Sodium: 421.63mg (18.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Vitamin K: 31.76µg (30.24%), Copper: 0.54mg (26.82%), Vitamin B5: 2.31mg (23.07%), Selenium: 11.41µg (16.31%), Vitamin B3: 2.74mg (13.7%), Vitamin B6: 0.24mg (11.99%), Vitamin B2: 0.16mg (9.36%), Manganese: 0.18mg (9.08%), Vitamin B1: 0.13mg (8.93%), Phosphorus: 89.08mg (8.91%), Zinc: 1.22mg (8.14%), Potassium: 280.01mg (8%), Fiber: 1.72g (6.86%), Vitamin E: 1mg (6.69%), Folate: 25.01µg (6.25%), Magnesium: 21.85mg (5.46%), Vitamin A: 267.52IU (5.35%), Vitamin D: 0.61µg (4.04%), Vitamin C: 3.15mg (3.81%), Iron: 0.59mg (3.27%), Vitamin B12: 0.18µg (2.95%), Calcium: 19.05mg (1.91%)