



Pancetta-Wrapped Beef Tenderloin with Whipped Horseradish Cream



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 lb frangelico trimmed
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 3 garlic clove minced
- ☐ 1 teaspoon pepper
- ☐ 2 teaspoons kosher salt
- ☐ 3 tablespoons olive oil divided
- ☐ 14 slices pancetta very thin

- ☐ 8 servings green beans
- ☐ 8 servings horseradish

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ wax paper
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 425.
- ☐ Sprinkle tenderloin with salt and pepper. Cook tenderloin in 2 Tbsp. hot oil in a large skillet over medium-high heat 5 minutes on each side or until browned.
- ☐ Let cool 5 minutes.
- ☐ Meanwhile, arrange pancetta slices in 2 rows on a large piece of wax paper, overlapping to form a rectangle the same length and width of tenderloin.
- ☐ Sprinkle garlic and rosemary over tenderloin.
- ☐ Place tenderloin on edge of 1 long side of pancetta. Tightly roll up tenderloin with pancetta, using wax paper as a guide. Discard wax paper. Tie tenderloin with kitchen string, securing at 1-inch intervals.
- ☐ Transfer to an aluminum foil-lined baking sheet, and brush with remaining 1 Tbsp. oil.
- ☐ Bake at 425 for 30 minutes or until pancetta is crispy and a meat thermometer inserted into center of tenderloin registers 120 (rare).
- ☐ Let stand 10 minutes. Discard kitchen string before slicing.
- ☐ Serve with Whipped Horseradish Cream.
- ☐ Note: For medium-rare, cook tenderloin to 135, or to 150 for medium.

Nutrition Facts

 **PROTEIN 9.76%**  **FAT 78.02%**  **CARBS 12.22%**

Properties

Glycemic Index:17.88, Glycemic Load:1.36, Inflammation Score:-5, Nutrition Score:6.2791304329167%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 170.98kcal (8.55%), Fat: 15.17g (23.34%), Saturated Fat: 4.03g (25.2%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 3.54g (1.29%), Sugar: 2.21g (2.45%), Cholesterol: 16.17mg (5.39%), Sodium: 768.34mg (33.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Vitamin K: 27.3µg (26%), Vitamin C: 8.41mg (10.2%), Manganese: 0.18mg (9.24%), Vitamin B6: 0.16mg (8.14%), Vitamin A: 404.75IU (8.1%), Selenium: 5.57µg (7.95%), Vitamin B1: 0.12mg (7.72%), Vitamin E: 1.09mg (7.27%), Fiber: 1.81g (7.23%), Vitamin B3: 1.42mg (7.12%), Phosphorus: 60.18mg (6.02%), Folate: 21.62µg (5.41%), Potassium: 188.21mg (5.38%), Magnesium: 19.22mg (4.8%), Vitamin B2: 0.08mg (4.75%), Iron: 0.8mg (4.44%), Zinc: 0.48mg (3.23%), Copper: 0.06mg (2.99%), Calcium: 29.52mg (2.95%), Vitamin B5: 0.28mg (2.79%), Vitamin B12: 0.12µg (2.04%)