



Pear and Cheese Stuffed Tenderloin

 Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



20 kcal

SIDE DISH

Ingredients

- ☐ 4.5 pound beef tenderloin
- ☐ 3 tablespoons cheese blue crumbled
- ☐ 0.5 cup green onions minced
- ☐ 1 tablespoon juice of lemon
- ☐ 1.8 cups pears fresh finely chopped
- ☐ 1 teaspoon cracked pepper
- ☐ 0.3 cup port wine

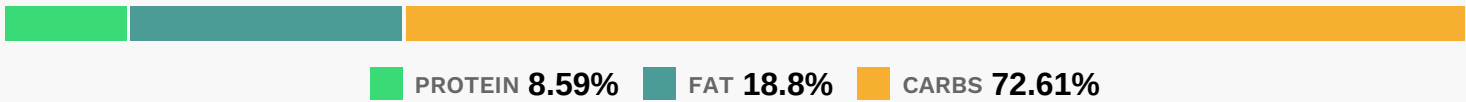
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Combine first 5 ingredients in a small bowl, and set aside.
- ☐ Trim fat from tenderloin. Slice tenderloin lengthwise, cutting to, but not through, the center, leaving one long edge intact. Spoon pear mixture into opening of tenderloin. Bring sides of meat back together, enclosing pear mixture, and secure at 2-inch intervals with heavy string.
- ☐ Place tenderloin, seam side down, on a rack in a roasting pan coated with cooking spray. Insert meat thermometer into thickest part of tenderloin, if desired.
- ☐ Brush wine over tenderloin.
- ☐ Heat oven to 500; place tenderloin in oven. Reduce heat to 350, and bake, uncovered, for 1 hour or until meat thermometer registers 140 (rare) to 160 (medium).
- ☐ Remove from oven, and let stand 10 minutes.
- ☐ Remove string, and cut tenderloin diagonally across grain into 1/4-inch-thick slices; arrange on a serving platter.

Nutrition Facts



Properties

Glycemic Index:7.1, Glycemic Load:0.76, Inflammation Score:-1, Nutrition Score:0.95434781876595%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 3.16mg, Malvidin: 3.16mg, Malvidin: 3.16mg, Malvidin: 3.16mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 19.72kcal (0.99%), Fat: 0.37g (0.57%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.61g (0.95%), Sugar: 1.88g (2.09%), Cholesterol: 0.88mg (0.29%), Sodium: 14.35mg (0.62%), Alcohol: 0.51g (100%), Alcohol %: 0.47% (100%), Protein: 0.38g (0.76%), Vitamin K: 6.65µg (6.33%), Fiber: 0.59g (2.35%), Vitamin C: 1.52mg (1.84%), Manganese: 0.03mg (1.51%), Calcium: 10.38mg (1.04%)