



Peppered Beef Tenderloin with Mushroom Sauce

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



69 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 lb frangelico
- 2 tablespoons vegetable oil
- 2 teaspoons pepper black
- 0.3 cup butter
- 0.5 cup onion finely chopped
- 1 clove garlic finely chopped
- 8 oz mushrooms fresh sliced (3 cups)

- 2 tablespoons sherry dry
- 1 tablespoon cornstarch
- 0.3 cup water cold
- 2 teaspoons thyme leaves dried fresh chopped
- 0.1 teaspoon pepper
- 10.5 oz beef consommé canned
- 1 teaspoon dijon mustard
- 1 teaspoon tomato paste (from 6-oz can)

Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Heat oven to 425°F. Rub beef with oil; sprinkle with pepper.
- Place beef on rack in shallow roasting pan, or place diagonally in 15x10x1-inch pan. Insert ovenproof meat thermometer so tip is in center of thickest part of beef.
- Bake uncovered 30 to 45 minutes or until thermometer reads 135°F. Cover beef loosely with tent of foil and let stand 15 to 20 minutes until thermometer reads 145°F (medium-rare doneness). (Temperature will continue to rise about 10°F and beef will be easier to carve.)
- Meanwhile, in 12-inch nonstick skillet, melt butter over medium heat. Cook onion, garlic and mushrooms in butter 8 to 10 minutes, stirring occasionally, until mushrooms are completely tender and beginning to brown. Stir in sherry. In small bowl, mix cornstarch and water; stir cornstarch mixture into mushroom mixture. Stir in thyme, pepper and beef consommé; cook and stir about 2 minutes or until slightly thickened and bubbly. Stir in mustard and tomato paste until well blended.
- Heat just until hot. Spoon sauce over sliced beef.

Nutrition Facts

PROTEIN 6.23% FAT 79.72% CARBS 14.05%

Properties

Glycemic Index:24.17, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:2.3504347827124%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 69.45kcal (3.47%), Fat: 6.23g (9.59%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 1.98g (0.72%), Sugar: 0.75g (0.84%), Cholesterol: 0mg (0%), Sodium: 147.19mg (6.4%), Alcohol: 0.26g (100%), Alcohol %: 0.04% (100%), Protein: 1.1g (2.19%), Vitamin B2: 0.09mg (5.21%), Vitamin K: 4.85µg (4.62%), Vitamin B3: 0.92mg (4.58%), Manganese: 0.08mg (4.08%), Vitamin A: 195.01IU (3.9%), Copper: 0.07mg (3.67%), Selenium: 2.21µg (3.15%), Vitamin B5: 0.31mg (3.11%), Potassium: 100.45mg (2.87%), Phosphorus: 25.2mg (2.52%), Vitamin E: 0.36mg (2.41%), Vitamin C: 1.62mg (1.97%), Fiber: 0.49g (1.95%), Vitamin B6: 0.04mg (1.92%), Iron: 0.28mg (1.55%), Vitamin B1: 0.02mg (1.44%), Folate: 5.35µg (1.34%), Magnesium: 4.94mg (1.23%)