



Pepperidge Farm® Beef Wellington

READY IN



155 min.

SERVINGS



10

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound frangelico
- 1 tablespoon butter
- 1 eggs
- 2 cups mushrooms finely chopped
- 1 medium onion finely chopped
- 1 sheet puff pastry
- 1 sheet puff pastry pepperidge farm®
- 1 tablespoon water

Equipment

- bowl
- frying pan
- baking sheet
- oven
- roasting pan
- kitchen thermometer

Directions

- Place the beef in a lightly greased roasting pan. Season with the black pepper, if desired. Roast at 425 degrees F for 30 minutes or until a meat thermometer reads 130 degrees F. Cover the pan and refrigerate for 1 hour.
- Thaw the pastry sheet at room temperature for 40 minutes or until it's easy to handle.
- Heat the oven to 425 degrees F. Stir the egg and water in a small bowl with a fork.
- Heat the butter in a 10-inch skillet over medium-high heat.
- Add the mushrooms and onion and cook until the vegetables are tender and all the liquid is evaporated, stirring often.
- Unfold the pastry sheet on a lightly floured surface.
- Roll the pastry sheet into a rectangle 4 inches longer and 6 inches wider than the beef.
- Brush the pastry sheet with the egg mixture. Spoon the mushroom mixture onto the pastry sheet to within 1-inch of the edges.
- Place the beef in the center of the mushroom mixture. Starting at the long sides, fold the pastry over the beef.
- Place seam-side down on a baking sheet. Tuck the ends under to seal.
- Brush the pastry with the egg mixture.
- Bake for 25 minutes or until the pastry is golden and a meat thermometer reads 140 degrees F. Slice and serve warm.

Nutrition Facts



■ PROTEIN 6.54% ■ FAT 61.46% ■ CARBS 32%

Properties

Glycemic Index:22.1, Glycemic Load:12.33, Inflammation Score:-3, Nutrition Score:6.2452174580615%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 294.94kcal (14.75%), Fat: 20.3g (31.23%), Saturated Fat: 5.6g (34.98%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 22.67g (8.24%), Sugar: 1.23g (1.36%), Cholesterol: 19.38mg (6.46%), Sodium: 138.74mg (6.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Selenium: 15.06µg (21.52%), Vitamin B1: 0.22mg (14.5%), Vitamin B2: 0.24mg (14.08%), Vitamin B3: 2.75mg (13.76%), Manganese: 0.26mg (13.18%), Folate: 45.68µg (11.42%), Iron: 1.45mg (8.06%), Vitamin K: 8.04µg (7.66%), Copper: 0.12mg (6.23%), Phosphorus: 58.15mg (5.82%), Fiber: 1.11g (4.46%), Vitamin B5: 0.37mg (3.7%), Potassium: 113.41mg (3.24%), Zinc: 0.44mg (2.91%), Magnesium: 11.24mg (2.81%), Vitamin B6: 0.05mg (2.55%), Vitamin E: 0.35mg (2.32%), Vitamin C: 1.22mg (1.48%), Vitamin A: 59.46IU (1.19%), Calcium: 10.85mg (1.09%)