



Porcini-Crusted Beef Tenderloin with Wild-Mushroom Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



52 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 pound center-cut beef tenderloin
- 1.5 ounces porcini mushrooms dried divided
- 0.8 teaspoon salt divided
- 2 tablespoons stick margarine chilled cut into small pieces
- 2 teaspoons vegetable oil
- 2 cups water boiling
- 0.3 teaspoon pepper white divided

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- blender
- kitchen thermometer
- aluminum foil
- broiler pan
- cheesecloth

Directions

- Preheat oven to 400
- Place 1/2 cup mushrooms in a blender; process until finely ground. Trim fat from tenderloin.
- Sprinkle beef with ground mushrooms, 1/2 teaspoon salt, and 1/8 teaspoon pepper.
- Heat oil in large nonstick skillet over medium-high heat until hot.
- Add beef; cook 1 minute on all sides or until browned.
- Place tenderloin on a broiler pan coated with cooking spray. Insert meat thermometer into thickest portion of tenderloin.
- Bake at 400 for 30 minutes or until meat thermometer reaches 145 (medium-rare) to 160 (medium).
- Place tenderloin on a platter, and cover with foil.
- Let stand 10 minutes.
- Combine boiling water and 1 cup mushrooms in a bowl; cover and let stand 30 minutes.
- Drain mushrooms through a cheesecloth-lined sieve into a medium saucepan, reserving soaking liquid; coarsely chop mushrooms. Bring reserved soaking liquid to a boil, and add chopped mushrooms. Reduce heat, and simmer until reduced to 1 cup (about 12 minutes).

Add 1/4 teaspoon salt, 1/8 teaspoon pepper, and butter, stirring with a whisk until butter is melted.

Serve with tenderloin.

Nutrition Facts

PROTEIN 3.93% **FAT 66.87%** **CARBS 29.2%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.8799999898866%

Nutrients (% of daily need)

Calories: 52.44kcal (2.62%), Fat: 4.15g (6.39%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 3.45g (1.26%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 256.53mg (11.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Copper: 0.28mg (14.24%), Vitamin B5: 1.17mg (11.66%), Vitamin B2: 0.07mg (4.06%), Vitamin B3: 0.75mg (3.75%), Selenium: 2.45µg (3.5%), Manganese: 0.07mg (3.29%), Zinc: 0.41mg (2.76%), Vitamin A: 132.23IU (2.64%), Vitamin B6: 0.05mg (2.58%), Fiber: 0.63g (2.51%), Potassium: 83.18mg (2.38%), Folate: 8.71µg (2.18%), Vitamin K: 2.07µg (1.97%), Magnesium: 7.78mg (1.95%), Phosphorus: 16.59mg (1.66%), Vitamin E: 0.21mg (1.38%), Vitamin D: 0.21µg (1.38%), Vitamin B1: 0.02mg (1.09%)