



Roasted Beef Tenderloin with Merlot Shallot Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



48 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pound center-cut beef tenderloin
- 1 teaspoon butter
- 3 tablespoons parsley fresh chopped
- 0.3 cup sage fresh finely chopped
- 3 tablespoons garlic minced
- 0.3 teaspoon kosher salt
- 2 teaspoons kosher salt

- 1.5 cups low-salt beef broth
- 1.5 cups merlot dry red
- 1 tablespoon cracked pepper black
- 0.3 cup shallots finely chopped

Equipment

- frying pan
- oven
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- Preheat oven to 350
- To prepare tenderloin, heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Combine sage, pepper, garlic, and salt; rub over tenderloin.
- Add tenderloin to pan; cook 6 minutes, lightly browning on all sides.
- Insert a meat thermometer into thickest portion of tenderloin. Cover handle of pan with foil.
- Bake at 350 for 25 minutes or until thermometer registers 140 (medium-rare) or desired degree of doneness.
- Place tenderloin on a cutting board; cover loosely with foil.
- Let stand 15 minutes. (Temperature of tenderloin will increase 5 upon standing.)
- To prepare sauce, heat pan coated with cooking spray over medium-high heat.
- Add shallots; saut 3 minutes or until tender. Stir in wine. Bring to a boil; cook until reduced to 3/4 cup (about 4 minutes). Stir in broth; cook until reduced to 1 1/4 cups (about 6 minutes).
- Add butter, stirring until melted. Stir in parsley and 1/4 teaspoon salt.
- Serve with tenderloin.

Nutrition Facts



■ PROTEIN 15.73% ■ FAT 21.7% ■ CARBS 62.57%

Properties

Glycemic Index:17.4, Glycemic Load:0.63, Inflammation Score:-3, Nutrition Score:5.3773911394503%

Flavonoids

Petunidin: 1.2mg, Petunidin: 1.2mg, Petunidin: 1.2mg, Petunidin: 1.2mg Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg Malvidin: 9.45mg, Malvidin: 9.45mg, Malvidin: 9.45mg, Malvidin: 9.45mg Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 47.81kcal (2.39%), Fat: 0.56g (0.85%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 3.08g (1.12%), Sugar: 0.66g (0.73%), Cholesterol: 1.08mg (0.36%), Sodium: 662.54mg (28.81%), Alcohol: 3.78g (100%), Alcohol %: 2.39% (100%), Protein: 0.91g (1.81%), Copper: 1.34mg (66.81%), Vitamin K: 20.8µg (19.81%), Manganese: 0.19mg (9.48%), Vitamin C: 2.98mg (3.61%), Vitamin B6: 0.06mg (3.17%), Vitamin A: 117.4IU (2.35%), Iron: 0.38mg (2.12%), Fiber: 0.53g (2.1%), Potassium: 72.1mg (2.06%), Calcium: 17.02mg (1.7%), Vitamin B3: 0.34mg (1.68%), Phosphorus: 15.01mg (1.5%), Folate: 5.41µg (1.35%), Magnesium: 5.36mg (1.34%), Selenium: 0.72µg (1.03%)