



Roasted Beef Tenderloin Wrapped in Bacon



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bacon
- ☐ 3 pound frangelico trimmed (large end)
- ☐ 1 tablespoon pepper black
- ☐ 24 inch rosemary fresh

Equipment

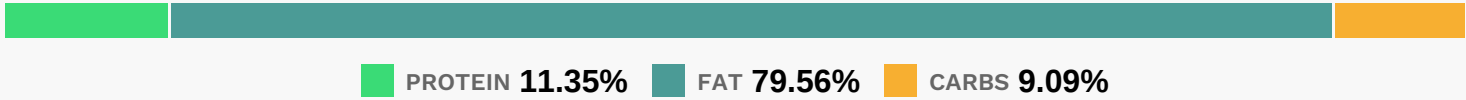
- ☐ frying pan
- ☐ oven
- ☐ knife

- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 450°F. Using small sharp knife, cut twelve 1-inch-deep slits all over beef tenderloin. Insert garlic slices into slits. Rub pepper all over tenderloin. Arrange bacon slices on work surface, overlapping slightly and forming rectangle.
- ☐ Place 1 rosemary branch down center of bacon rectangle, perpendicular to bacon slices.
- ☐ Place tenderloin atop rosemary branch.
- ☐ Place remaining 2 rosemary branches atop tenderloin. Wrap bacon slices around tenderloin and rosemary to enclose tenderloin completely.
- ☐ Place tenderloin in roasting pan, bacon ends down. (Can be assembled 1 day ahead. Cover and refrigerate.)
- ☐ Roast tenderloin until meat thermometer inserted into center registers 125°F for rare, about 1 hour.
- ☐ Remove from oven. Tent with foil and let tenderloin stand 10 minutes.
- ☐ Transfer tenderloin to cutting board. Reserve pan drippings for Broccoli Pancotto, if desired. Using large sharp knife, cut tenderloin through bacon and rosemary into 1/2-inch-thick slices and serve.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:1.24, Inflammation Score:-8, Nutrition Score:7.4265216951785%

Nutrients (% of daily need)

Calories: 263.54kcal (13.18%), Fat: 23.69g (36.44%), Saturated Fat: 8.11g (50.69%), Carbohydrates: 6.09g (2.03%), Net Carbohydrates: 2.65g (0.96%), Sugar: 0g (0.01%), Cholesterol: 37.42mg (12.47%), Sodium: 379.31mg (16.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.21%), Selenium: 11.78µg (16.83%), Vitamin B6: 0.29mg

(14.28%), Iron: 2.53mg (14.08%), Fiber: 3.44g (13.74%), Vitamin B1: 0.2mg (13.1%), Manganese: 0.24mg (12.21%), Vitamin B3: 2.37mg (11.83%), Calcium: 103.69mg (10.37%), Phosphorus: 88.17mg (8.82%), Magnesium: 24.85mg (6.21%), Zinc: 0.92mg (6.16%), Folate: 23.52µg (5.88%), Vitamin C: 4.66mg (5.65%), Potassium: 195mg (5.57%), Vitamin A: 263.43IU (5.27%), Vitamin B12: 0.28µg (4.72%), Vitamin B2: 0.08mg (4.7%), Copper: 0.08mg (3.78%), Vitamin B5: 0.33mg (3.25%), Vitamin E: 0.25mg (1.68%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.23µg (1.17%)