



Roasted Beef Tenderloin Wrapped in Bacon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bacon
- ☐ 3 pound beef tenderloin piece trimmed (large end)
- ☐ 12.3 inch thick garlic peeled (from 4 cloves)
- ☐ 1 tablespoon coarsely ground pepper black
- ☐ 24 inch long rosemary branches fresh

Equipment

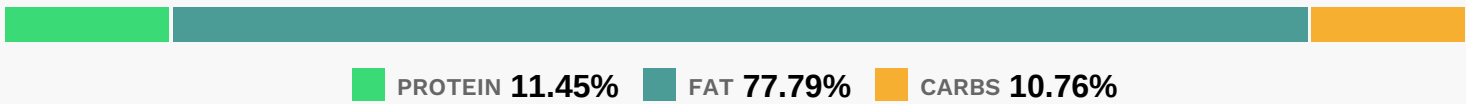
- ☐ frying pan
- ☐ oven

- ☐ 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:16.5, Glycemic Load:1.6, Inflammation Score:-8, Nutrition Score:7.9808695627295%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg,

Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 269.33kcal (13.47%), Fat: 23.71g (36.47%), Saturated Fat: 8.11g (50.71%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 3.86g (1.4%), Sugar: 0.04g (0.05%), Cholesterol: 37.42mg (12.47%), Sodium: 379.97mg (16.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.71%), Selenium: 12.34µg (17.62%), Vitamin B6: 0.33mg (16.69%), Manganese: 0.31mg (15.46%), Iron: 2.6mg (14.45%), Fiber: 3.52g (14.07%), Vitamin B1: 0.2mg (13.62%), Vitamin B3: 2.39mg (11.96%), Calcium: 110.73mg (11.07%), Phosphorus: 94.12mg (9.41%), Vitamin C: 5.88mg (7.12%), Magnesium: 25.82mg (6.46%), Zinc: 0.97mg (6.46%), Potassium: 210.6mg (6.02%), Folate: 23.64µg (5.91%), Vitamin A: 263.78IU (5.28%), Vitamin B2: 0.08mg (4.95%), Vitamin B12: 0.28µg (4.72%), Copper: 0.09mg (4.37%), Vitamin B5: 0.35mg (3.48%), Vitamin E: 0.25mg (1.7%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.29µg (1.23%)