



Roasted Filet of Beef with Stilton and Crispy Shallots

 Gluten Free

READY IN



17 min.

SERVINGS



8

CALORIES



112 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 pound beef tenderloin trimmed
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 0.3 cup olive oil divided
- ☐ 2 teaspoons pepper freshly ground
- ☐ 8 servings garnish: rosemary sprig fresh
- ☐ 2 teaspoons sea salt
- ☐ 8 servings roasted shallots crispy

☐ 4 ounces stilton cheese crumbled thinly sliced

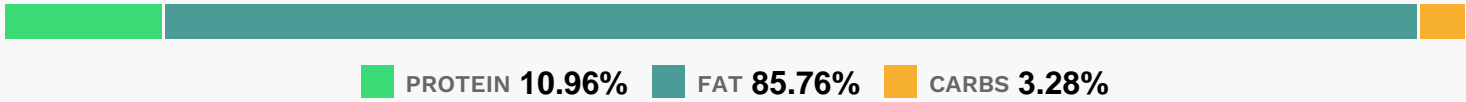
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Rub beef with 2 tablespoons olive oil and next 3 ingredients.
- ☐ Preheat oven to 40
- ☐ Heat remaining 2 tablespoons olive oil in a large skillet over high heat. Sear filet 3 minutes on each side or until well browned.
- ☐ Place filet on a rimmed baking sheet, and roast at 400 for 30 to 35 minutes or until meat thermometer inserted into thickest portion registers 14
- ☐ Place on a cutting board; loosely cover filet with foil.
- ☐ Let rest 10 minutes; slice 1/2 inch thick. Top each with Stilton, and serve warm or at room temperature with Crispy Roasted Shallots.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.4434782635906%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 112.34kcal (5.62%), Fat: 10.87g (16.72%), Saturated Fat: 3.6g (22.52%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.15g (0.17%), Cholesterol: 10.63mg (3.54%), Sodium: 744.85mg (32.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.25%), Calcium: 79.93mg (7.99%), Vitamin E: 1.01mg (6.75%), Phosphorus: 56.48mg (5.65%), Vitamin K: 5.23µg (4.98%), Manganese: 0.07mg (3.69%), Vitamin B2: 0.06mg (3.3%), Selenium: 2.1µg (3%), Vitamin B12: 0.17µg (2.88%), Zinc: 0.39mg (2.63%), Vitamin B5: 0.26mg (2.57%), Vitamin A: 121.37IU (2.43%), Vitamin B6: 0.03mg (1.55%), Folate: 6.11µg (1.53%), Potassium: 49.08mg (1.4%), Magnesium: 4.79mg (1.2%), Iron: 0.19mg (1.07%)