



Rosemary Beef Tenderloin with Blackberry Red Wine Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup beef stock low-sodium
- 0.3 cup blackberries fresh
- 12 ounce center cut filet mignon steaks
- 2 teaspoons rosemary fresh chopped
- 1 teaspoon thyme leaves fresh finely chopped
- 2 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil

- 2 tablespoons blackberry preserves
- 0.5 cup red wine fruity (pinot noir)
- 1 shallots finely chopped
- 1 tablespoon butter unsalted cold

Equipment

- frying pan
- paper towels
- wooden spoon
- aluminum foil

Directions

- Watch how to make this recipe.
- Heat a cast-iron skillet over high heat for 2 minutes. While the skillet heats, pat the steaks dry with a paper towel, and then sprinkle with the chopped rosemary and some salt and pepper.
- Add the oil to the skillet and, once it shimmers and is almost smoking, add the steaks and rosemary sprig and sear for 4 minutes on each side, until well browned with a nice crust.
- Remove the steaks and rosemary sprig to a plate and loosely tent with foil.
- While the steaks rest, lower the heat to medium, add the shallots and thyme to the skillet and cook until soft, about 2 minutes.
- Add the wine, turn the heat back up, and scrape up any browned bits that are stuck to the bottom of the skillet. Reduce the wine by half, about 3 minutes. Stir in the beef broth, blackberries and berry preserves. Mash the berries into the sauce with a wooden spoon. Continue simmering until the sauce is reduced and coats the back of a spoon.
- Remove from the heat and swirl in the cold butter. Taste for seasoning and add salt and pepper if needed.
- Serve the steak drizzled with the sauce.

Nutrition Facts



PROTEIN 3.54% FAT 66.4% CARBS 30.06%

Properties

Glycemic Index:101, Glycemic Load:8.43, Inflammation Score:-8, Nutrition Score:5.0413043971943%

Flavonoids

Cyanidin: 17.99mg, Cyanidin: 17.99mg, Cyanidin: 17.99mg, Cyanidin: 17.99mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 6.67mg, Catechin: 6.67mg, Catechin: 6.67mg, Catechin: 6.67mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 306.46kcal (15.32%), Fat: 19.89g (30.6%), Saturated Fat: 5.57g (34.82%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 18.51g (6.73%), Sugar: 12g (13.33%), Cholesterol: 15.05mg (5.02%), Sodium: 167.67mg (7.29%), Alcohol: 6.14g (100%), Alcohol %: 2.04% (100%), Protein: 2.38g (4.77%), Vitamin E: 2.43mg (16.18%), Vitamin K: 12.83µg (12.21%), Vitamin C: 8.16mg (9.89%), Manganese: 0.19mg (9.6%), Fiber: 1.75g (7.01%), Potassium: 244.22mg (6.98%), Vitamin B2: 0.1mg (6.04%), Copper: 0.11mg (5.45%), Vitamin A: 264.93IU (5.3%), Vitamin B6: 0.1mg (5.04%), Iron: 0.85mg (4.7%), Vitamin B3: 0.87mg (4.35%), Phosphorus: 43.02mg (4.3%), Magnesium: 14.63mg (3.66%), Folate: 13.34µg (3.33%), Vitamin B1: 0.04mg (2.78%), Calcium: 26.88mg (2.69%), Selenium: 1.66µg (2.37%), Zinc: 0.32mg (2.13%), Vitamin B5: 0.1mg (1.04%)