



Stuffed Beef Tenderloin

 Gluten Free

READY IN



75 min.

SERVINGS



5

CALORIES



43 kcal

SIDE DISH

Ingredients

- 1.5 pound beef tenderloin
- 1 tablespoon butter
- 1 cup mushrooms fresh chopped
- 0.3 cup red wine
- 5 servings salt and pepper black freshly ground
- 0.3 cup shallots chopped

Equipment

- frying pan

- oven
- roasting pan
- meat tenderizer

Directions

- Preheat oven to 350 degrees F.
- Butterfly the beef tenderloin by cutting the beef lengthwise down the center to within 1/2-inch of other side. Set aside.
- In a medium skillet, melt butter and cook shallots and mushrooms until tender.
- Add wine and cook over medium heat for about 5 minutes or until liquid is reduced.
- To stuff and roll the tenderloin, open (or butterfly) the beef and flatten with a meat mallet.
- Sprinkle with salt and pepper, to taste. Spoon mushroom mixture down the center of tenderloin. Bring the 2 sides of the tenderloin up around filling to meet. Use butcher string and tie around the roll at 1-inch intervals.
- Place roll in roasting pan.
- Bake for 45 minutes for medium-rare.
- Let stand for 5 minutes before slicing.

Nutrition Facts



PROTEIN 10.11% **FAT 57.42%** **CARBS 32.47%**

Properties

Glycemic Index:31.8, Glycemic Load:0.68, Inflammation Score:-2, Nutrition Score:2.0404347835676%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 1.66mg, Malvidin: 1.66mg, Malvidin: 1.66mg, Malvidin: 1.66mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol:

0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 43.27kcal (2.16%), Fat: 2.35g (3.62%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.4g (0.87%), Sugar: 1.39g (1.54%), Cholesterol: 6.02mg (2.01%), Sodium: 20.88mg (0.91%), Alcohol: 1.27g (100%), Alcohol %: 0.89% (100%), Protein: 0.93g (1.86%), Vitamin B2: 0.08mg (4.96%), Vitamin B3: 0.75mg (3.73%), Copper: 0.07mg (3.71%), Manganese: 0.07mg (3.61%), Vitamin B6: 0.07mg (3.4%), Potassium: 117.81mg (3.37%), Vitamin B5: 0.33mg (3.3%), Selenium: 1.98µg (2.83%), Phosphorus: 27.2mg (2.72%), Fiber: 0.6g (2.38%), Folate: 7.51µg (1.88%), Iron: 0.3mg (1.69%), Vitamin C: 1.35mg (1.64%), Vitamin B1: 0.02mg (1.57%), Magnesium: 5.88mg (1.47%), Vitamin A: 71.23IU (1.42%), Zinc: 0.17mg (1.12%)