



Stuffed Tuscany Tenderloin

 Gluten Free

READY IN



75 min.

SERVINGS



10

CALORIES



53 kcal

SIDE DISH

Ingredients

- ☐ 4 pound beef tenderloin trimmed
- ☐ 3 tablespoons tomatoes dried drained chopped in oil
- ☐ 2 tablespoons olive oil
- ☐ 1 onion diced
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 10 servings garnish: parsley sprigs fresh
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

☐ 0.5 pound pkt spinach fresh chopped

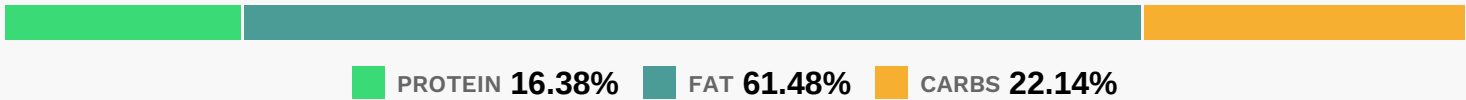
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Saut onion in hot oil in a large skillet over medium heat until tender.
- ☐ Add spinach, salt, and pepper, and saut 1 minute or until spinach wilts.
- ☐ Remove from heat, and stir in cheese and dried tomatoes.
- ☐ Cut tenderloin lengthwise down center, cutting to, but not through, bottom.
- ☐ Lay flat, and spoon spinach mixture down center of tenderloin. Fold tenderloin over mixture, and tie with string at 1-inch intervals. (Tenderloin won't completely close.) Chill 2 hours, if desired.
- ☐ Place, cut side up, on a rack in a roasting pan. Cover exposed filling with a strip of aluminum foil.
- ☐ Bake at 425 for 50 minutes or until a meat thermometer inserted into thickest portion of tenderloin registers 145 (medium-rare).
- ☐ Let stand 10 minutes before slicing; garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.61, Inflammation Score:-9, Nutrition Score:11.016521743458%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 53kcal (2.65%), Fat: 3.84g (5.91%), Saturated Fat: 0.97g (6.03%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.08g (0.76%), Sugar: 1.19g (1.32%), Cholesterol: 2.27mg (0.76%), Sodium: 191.95mg (8.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.6%), Vitamin K: 177.74µg (169.27%), Vitamin A: 2503.54IU (50.07%), Vitamin C: 13.1mg (15.87%), Folate: 53.44µg (13.36%), Manganese: 0.27mg (13.27%), Calcium: 72.16mg (7.22%), Magnesium: 25.57mg (6.39%), Potassium: 220.67mg (6.3%), Vitamin E: 0.9mg (6.03%), Iron: 1.08mg (5.98%), Phosphorus: 45.25mg (4.53%), Fiber: 1.03g (4.11%), Vitamin B2: 0.07mg (4.02%), Vitamin B6: 0.07mg (3.47%), Copper: 0.06mg (3.18%), Vitamin B1: 0.04mg (2.37%), Zinc: 0.3mg (2.03%), Vitamin B3: 0.38mg (1.88%), Selenium: 1.12µg (1.6%)