

Beef Tenderloin “Rosa Di Parma”

Yield: 12 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-prosciutto-di-parma-and-parmigiano-reggiano-recipe>

Ingredients:

- 5 pounds beef fillet trimmed
- 8 slices prosciutto
- 2 cups Parmigiano Reggiano freshly grated
- 2 tablespoons olive oil
- 1 tablespoon salt
- 1 1/2 teaspoons freshly ground black pepper
- 1 1/2 tablespoons minced garlic
- 1 tablespoon chopped fresh sage finely
- 1 tablespoon fresh rosemary finely chopped

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 145 milligrams
4. Fat: 41 grams
5. Protein: 44 grams
6. SaturatedFat: 16 grams
7. Sodium: 1090 milligrams

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