



## Bacon- and Herb-Crusted Beef Tenderloin

 **Gluten Free**  **Dairy Free**

READY IN



**85 min.**

SERVINGS



**6**

CALORIES



**112 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 slices bacon
- 0.3 cup parsley fresh chopped
- 2 teaspoons rosemary leaves fresh chopped
- 1 clove garlic crushed
- 0.3 cup oregano fresh chopped
- 2 lb frangelico
- 2 teaspoons vegetable oil

### Equipment

- bowl
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

## Directions

- Heat oven to 425°F. Rub beef roast with salt and pepper. In medium bowl, mix parsley, oregano, rosemary, garlic and oil. Press mixture onto top and sides of beef.
- Place beef on rack in shallow roasting pan.
- Place bacon slices over top of beef, tucking ends under bottom. Insert meat thermometer so tip is in thickest part of beef.
- Bake uncovered 35 to 50 minutes or until thermometer reads 140°F for medium-rare or 155°F for medium doneness.
- Remove beef from oven, cover with foil and let stand about 15 minutes until temperature rises 5°.

## Nutrition Facts



**PROTEIN 10.82%** **FAT 82.16%** **CARBS 7.02%**

## Properties

Glycemic Index:11.17, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:5.4908696127974%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 111.99kcal (5.6%), Fat: 10.34g (15.91%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.11g (0.12%), Cholesterol: 14.52mg (4.84%), Sodium: 147.63mg (6.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.13%), Vitamin K: 56.2µg (53.52%), Selenium: 4.59µg

(6.55%), Manganese: 0.11mg (5.74%), Iron: 0.99mg (5.51%), Vitamin A: 253.78IU (5.08%), Vitamin B3: 1.01mg (5.07%), Vitamin B1: 0.07mg (4.49%), Vitamin B6: 0.09mg (4.4%), Vitamin C: 3.53mg (4.28%), Vitamin E: 0.6mg (4.01%), Fiber: 0.95g (3.79%), Calcium: 37.5mg (3.75%), Phosphorus: 36.88mg (3.69%), Potassium: 84.84mg (2.42%), Magnesium: 9.45mg (2.36%), Zinc: 0.35mg (2.31%), Folate: 8.59µg (2.15%), Vitamin B2: 0.03mg (1.85%), Vitamin B12: 0.11µg (1.83%), Vitamin B5: 0.15mg (1.54%), Copper: 0.03mg (1.36%)