



Beef and Gorgonzola Toasts with Herb-Garlic Cream

READY IN



45 min.

SERVINGS



30

CALORIES



20 kcal

Ingredients

- ☐ 30 baby spinach
- ☐ 1.3 pound frangelico trimmed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 7.5 inch bread french toasted cut
- ☐ 10 tablespoon alouette garlic & herbs spreadable cheese
- ☐ 1.3 ounces gorgonzola crumbled
- ☐ 1 teaspoon kosher salt

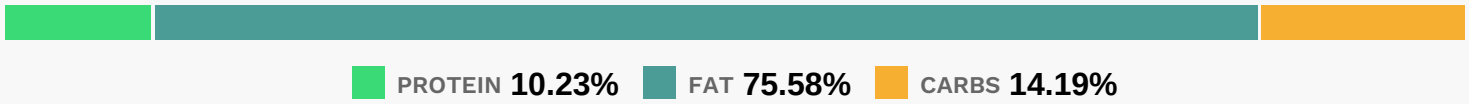
Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 47
- ☐ Place tenderloin on a broiler pan coated with cooking spray.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake at 475 for 10 minutes. Reduce oven temperature to 425 (do not remove tenderloin from oven); bake an additional 20 minutes or until thermometer registers 145 (medium-rare) to 160 (medium) or until desired degree of doneness. Cover tenderloin with foil; let stand 10 minutes.
- ☐ Cut tenderloin across grain into very thin slices.
- ☐ Spread each baguette slice with 1 teaspoon Herb-Garlic Cream; top each with 1 spinach leaf. Divide beef evenly among bread slices; sprinkle each with 1/2 teaspoon cheese.

Nutrition Facts



Properties

Glycemic Index:4.99, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:0.62608695127394%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 19.56kcal (0.98%), Fat: 1.71g (2.62%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.05g (0.05%), Cholesterol: 5.05mg (1.68%), Sodium: 115.73mg (5.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin K: 4.94µg (4.71%), Vitamin A: 102.98IU (2.06%), Manganese: 0.02mg (1.05%)