



Beef and Gorgonzola Toasts with Herb-Garlic Cream

READY IN



45 min.

SERVINGS



30

CALORIES



20 kcal

Ingredients

- 30 baby spinach leaves
- 1.3 pound beef tenderloin trimmed
- 0.5 teaspoon pepper black freshly ground
- 7.5 inch diagonally bread baguette french toasted cut
- 10 tablespoon herb-garlic cream
- 1.3 ounces gorgonzola cheese 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

PROTEIN 10.23% **FAT 75.58%** **CARBS 14.19%**

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: 0g (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%)