



Beef Tenderloin au Poivre



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



10 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



4 pound beef tenderloin trimmed



1.5 tablespoons peppercorns black crushed



0.3 cup dijon mustard



1.5 tablespoons peppercorns white crushed

Equipment



oven



kitchen thermometer

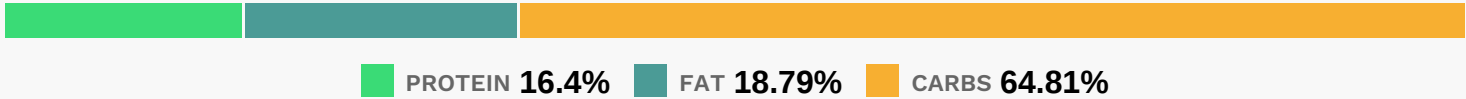


broiler pan

Directions

- ☐ Preheat oven to 42
- ☐ Evenly shape tenderloin by tucking small end underneath; tie with string. Rub tenderloin with mustard.
- ☐ Combine crushed peppercorns, and press evenly over surface of tenderloin.
- ☐ Place on a broiler pan coated with cooking spray; bake, uncovered, at 425 for 45 minutes or until a meat thermometer registers 145 (medium-rare) to 160 (medium).
- ☐ Let stand 10 minutes before slicing.
- ☐ carbo rating: 1

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.2343478267607%

Nutrients (% of daily need)

Calories: 9.62kcal (0.48%), Fat: 0.24g (0.36%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1g (0.36%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 57.32mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Manganese: 0.2mg (10.04%), Fiber: 0.82g (3.29%), Selenium: 1.85µg (2.65%), Iron: 0.37mg (2.07%), Vitamin K: 1.61µg (1.54%), Copper: 0.03mg (1.45%), Magnesium: 5.34mg (1.34%), Calcium: 11.09mg (1.11%)