



Beef Tenderloin Bruschetta with Brown Butter

READY IN



45 min.

SERVINGS



8

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce beef tenderloin steak trimmed ()
- ☐ 0.3 ounce diagonal bread baguette french toasted (1/)
- ☐ 1.5 teaspoons butter melted
- ☐ 1.5 teaspoons canola oil
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.1 teaspoon ground turmeric
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 cup mangos diced
- ☐ 0.1 teaspoon pepper

- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons serrano chile finely chopped
- ☐ 0.5 teaspoon sugar
- ☐ 0.5 teaspoon mustard seeds yellow divided

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 7 ingredients in a small bowl; cover and let stand at room temperature 15 minutes.
- ☐ Heat oil in a small nonstick skillet over medium-high heat.
- ☐ Add 1 mustard seed to pan; cook until seed pops (about 90 seconds).
- ☐ Add remaining seeds; stir to coat with oil. Cover and cook seeds for 30 seconds or until they begin to pop, gently shaking the pan. Stir in butter and cover. Cook until 1 second passes between pops, shaking pan constantly (about 30 seconds).
- ☐ Remove from heat. Scrape mustard seed mixture into mango mixture; stir gently.
- ☐ Let stand 5 minutes.
- ☐ Heat pan over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle beef with 1/8 teaspoon salt and pepper.
- ☐ Add beef to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Let rest 5 minutes. Slice across the grain into very thin slices.
- ☐ Divide beef slices evenly among baguette slices. Top each bruschetta with 1 1/2 teaspoons mango mixture.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **29.01%**  FAT **48.23%**  CARBS **22.76%**

Properties

Glycemic Index:37.44, Glycemic Load:1.12, Inflammation Score:-4, Nutrition Score:2.4700000001037%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 46.17kcal (2.31%), Fat: 2.51g (3.86%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 2.39g (0.87%), Sugar: 1.81g (2.01%), Cholesterol: 11.09mg (3.7%), Sodium: 127.34mg (5.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.79%), Selenium: 5.05µg (7.22%), Vitamin C: 5.15mg (6.25%), Vitamin B6: 0.11mg (5.35%), Vitamin B3: 1.05mg (5.26%), Zinc: 0.6mg (4%), Phosphorus: 34.9mg (3.49%), Vitamin A: 148.56IU (2.97%), Potassium: 78.03mg (2.23%), Vitamin B12: 0.13µg (2.22%), Vitamin E: 0.32mg (2.11%), Folate: 7.93µg (1.98%), Iron: 0.32mg (1.77%), Vitamin K: 1.7µg (1.62%), Manganese: 0.03mg (1.6%), Magnesium: 5.92mg (1.48%), Vitamin B2: 0.03mg (1.47%), Copper: 0.03mg (1.37%), Vitamin B1: 0.02mg (1.33%), Vitamin B5: 0.13mg (1.29%), Fiber: 0.27g (1.1%)