



HEALTH SCORE

99%

Beef Tenderloin Crostini



Gluten Free



Dairy Free



Very Healthy

READY IN



95 min.

SERVINGS



1

CALORIES



1171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound beef tenderloin fillets
- ☐ 1 serving beef tenderloin
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon champagne vinegar
- ☐ 1 serving cilantro sauce
- ☐ 1.5 cups firmly cilantro leaves fresh packed
- ☐ 1 serving herbed cornbread crostini
- ☐ 2 teaspoons cumin seeds

- ☐ 1 garlic clove
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 jalapeno minced seeded
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 large mangos diced
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup bell pepper diced red
- ☐ 0.5 cup onion diced red
- ☐ 1 serving mango-red onion relish

Equipment

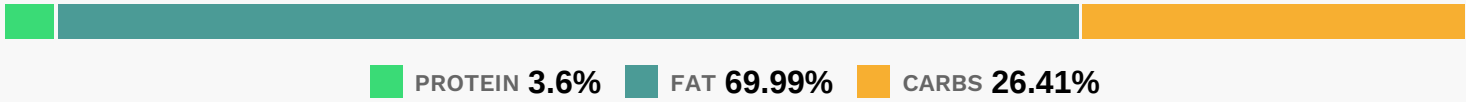
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill pan

Directions

- ☐ Place a small skillet over medium-high heat until hot; add cumin seeds, and cook, stirring constantly, 1 to 2 minutes or until toasted. Cool 10 minutes. Process cilantro, next 4 ingredients, 2 Tbsp. water, and toasted cumin seeds in a blender until smooth, stopping to scrape down sides as needed. Cover and chill until ready to serve.
- ☐ Prepare Relish: Saut onion in 1 tsp. hot olive oil in a small skillet over medium-high heat 6 to 8 minutes or until onion is tender.
- ☐ Transfer to a medium bowl, and stir in mango, next 3 ingredients, and salt and pepper to taste.
- ☐ Prepare Beef Tenderloin: Rub steaks with 1 Tbsp. olive oil.
- ☐ Sprinkle with 1 tsp. salt and next 2 ingredients.

- ☐
- Place a grill pan over medium-high heat until hot; cook steaks 8 minutes on each side or to desired degree of doneness.
- ☐
- Let stand 5 minutes. Thinly slice steak.
- ☐
- Assemble: Top flat sides of Herbed Cornbread Crostini with relish and steak; drizzle with Cilantro Sauce.

Nutrition Facts



Properties

Glycemic Index:377.5, Glycemic Load:38.33, Inflammation Score:-10, Nutrition Score:36.749565331832%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 4.06mg, Isorhamnetin: 4.06mg, Isorhamnetin: 4.06mg, Isorhamnetin: 4.06mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 30.19mg, Quercetin: 30.19mg, Quercetin: 30.19mg, Quercetin: 30.19mg

Nutrients (% of daily need)

Calories: 1170.82kcal (58.54%), Fat: 93.87g (144.41%), Saturated Fat: 13.11g (81.95%), Carbohydrates: 79.68g (26.56%), Net Carbohydrates: 70.91g (25.79%), Sugar: 37.79g (41.99%), Cholesterol: 0mg (0%), Sodium: 3913.3mg (170.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.87g (21.75%), Vitamin C: 162.46mg (196.92%), Vitamin K: 146.33µg (139.36%), Vitamin E: 16.93mg (112.88%), Vitamin A: 5256.39IU (105.13%), Folate: 212.57µg (53.14%), Manganese: 1.03mg (51.29%), Iron: 6.78mg (37.68%), Vitamin B1: 0.55mg (36.73%), Fiber: 8.77g (35.09%), Vitamin B6: 0.69mg (34.41%), Vitamin B3: 5.46mg (27.28%), Potassium: 928.14mg (26.52%), Vitamin B2: 0.41mg (24.1%), Copper: 0.48mg (23.85%), Magnesium: 78.75mg (19.69%), Selenium: 13.78µg (19.68%), Calcium: 184.59mg (18.46%), Phosphorus: 171.25mg (17.12%), Vitamin B5: 1.12mg (11.2%), Zinc: 1.35mg (9%)