



Beef Tenderloin in Herbed Salt Crust



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



51 kcal

CRUST

Ingredients

- ☐ 2 teaspoons pepper black
- ☐ 1 tablespoon rosemary dried crumbled
- ☐ 2 cups kosher salt
- ☐ 1.5 tablespoons olive oil
- ☐ 1.5 lb frangelico ()
- ☐ 0.5 cup water

Equipment

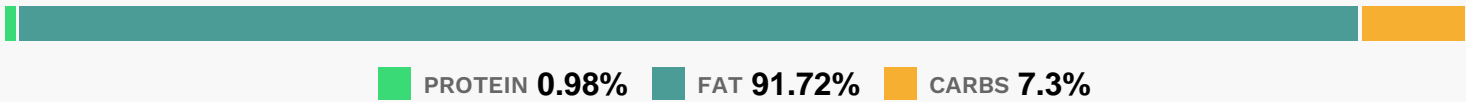
- ☐ frying pan

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Preheat oven to 425°F.
- ☐ Pat beef dry.
- ☐ Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown beef (excluding ends), turning occasionally, about 6 minutes total.
- ☐ Transfer beef to a shallow roasting pan, reserving pan drippings in skillet.
- ☐ Stir together salt, rosemary, pepper, and water until mixture resembles wet sand. Pat salt mixture onto top and sides of meat to coat evenly and roast in middle of oven until an instant-read thermometer inserted diagonally 2 inches into meat registers 130°F for medium-rare, 25 to 30 minutes.
- ☐ Let meat stand in roasting pan 5 minutes.
- ☐ Remove salt crust and transfer meat to a cutting board.
- ☐ Cut into 1/2-inch-thick slices and spoon meat juices from skillet over slices.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:1.9104348045328%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 50.58kcal (2.53%), Fat: 5.36g (8.24%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 0.96g (0.32%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 56588.71mg (2460.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Manganese: 0.28mg (14.14%), Vitamin E: 0.77mg (5.11%), Calcium: 46.81mg (4.68%), Vitamin K: 4.8µg (4.57%), Iron: 0.75mg (4.19%), Copper: 0.06mg (3.23%), Fiber:

0.47g (1.86%), Zinc: 0.18mg (1.18%), Magnesium: 4.57mg (1.14%)