



Beef Tenderloin Sandwiches with Herb Mayonnaise and Arugula

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cup arugula leaves
- ☐ 2 tablespoon flat parsley minced
- ☐ 2 tablespoon herbs mixed minced (such as thyme, rosemary & majoram)
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 0.8 cup mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon vegetable oil

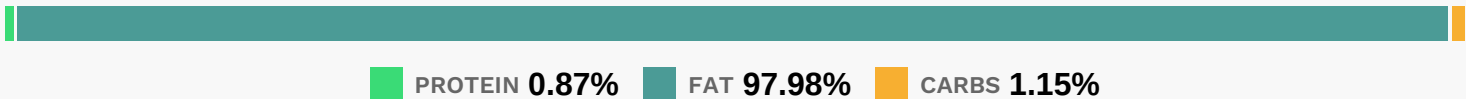
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Place garlic on parchment-lined foil, drizzle with olive oil, and wrap. Roast until golden and soft, about 1 hour. Unwrap; let cool for 10 minutes. Squeeze cloves from peels. Save 6 for this recipe, save the rest for another use by storing them, drizzled in olive oil and covered in the refrigerator for 1 week.Raise heat in oven to 425 degrees F.
- ☐ Heat vegetable oil in a large ovenproof skillet over medium-high heat. Generously season beef with salt and pepper.
- ☐ Add to skillet, and brown on all sides, about 10 minutes total.
- ☐ Transfer skillet to oven.Roast until beef registers 125 for rare or 130 for medium-rare, 15 to 20 minutes.
- ☐ Let beef stand for 20 minutes.
- ☐ Cut into ¼-inch-thick slices.Meanwhile, mash 6 cloves roasted garlic with a fork in a small bowl. Stir in mayonnaise, lemon juice, and herbs. Season with salt and pepper. (Garlic-herb mayonnaise can be stored in the refrigerator for up to 1 day.)
- ☐ Spread 1 tablespoon of the mayonnaise onto each bread slice. Top with beef. Just before serving, season with salt and pepper and top with some arugula.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:5.1334784154011%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 233.91kcal (11.7%), Fat: 25.61g (39.4%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.51g (0.18%), Sugar: 0.37g (0.41%), Cholesterol: 11.76mg (3.92%), Sodium: 180.45mg (7.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin K: 83.11µg (79.16%), Vitamin E: 1.49mg (9.92%), Vitamin A: 324.04IU (6.48%), Vitamin C: 3.86mg (4.68%), Folate: 10.85µg (2.71%), Manganese: 0.03mg (1.67%), Calcium: 16.1mg (1.61%), Iron: 0.28mg (1.53%), Potassium: 42.15mg (1.2%), Magnesium: 4.66mg (1.16%), Phosphorus: 10.69mg (1.07%)