



Beef Tenderloin Steaks with Creole Spice Rub



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 teaspoon mustard dry
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 teaspoon ground sage

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0.8 teaspoon salt

Equipment

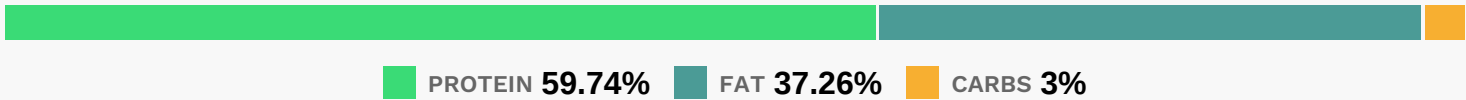
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frying pan

Directions

- ☐ Combine mustard and next 7 ingredients (through black pepper); rub evenly over steaks.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Remove from heat; let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:12.390869699095%

Nutrients (% of daily need)

Calories: 175.98kcal (8.8%), Fat: 7.04g (10.83%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.09g (0.1%), Cholesterol: 72.57mg (24.19%), Sodium: 499.6mg (21.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.4g (50.79%), Selenium: 35.87µg (51.24%), Vitamin B3: 7.35mg (36.73%), Vitamin B6: 0.73mg (36.49%), Zinc: 4.59mg (30.62%), Phosphorus: 247.15mg (24.71%), Vitamin B12: 1.05µg (17.58%), Iron: 2.43mg (13.51%), Potassium: 429.29mg (12.27%), Vitamin B2: 0.14mg (8.28%), Magnesium: 30.9mg (7.72%), Vitamin B5: 0.75mg (7.48%), Vitamin K: 6.73µg (6.41%), Vitamin B1: 0.1mg (6.36%), Copper: 0.1mg (5.13%), Manganese: 0.1mg (4.94%), Folate: 16.99µg (4.25%), Calcium: 36.08mg (3.61%), Vitamin E: 0.49mg (3.25%), Vitamin A: 119.7IU (2.39%), Fiber: 0.39g (1.55%)