



Beef Tenderloin With Avocado Béarnaise Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 servings avocado béarnaise sauce
- 4 pound beef tenderloin trimmed
- 3 tablespoons butter softened
- 0.3 cup parsley fresh minced
- 3 garlic cloves minced
- 1 tablespoon lemon rind grated
- 0.8 teaspoon pepper freshly ground

1.5 teaspoons salt

Equipment

frying pan

oven

kitchen thermometer

aluminum foil

Directions

Sprinkle tenderloin evenly with salt and pepper. Stir together butter and next 3 ingredients, and rub mixture over tenderloin. Cover and chill 1 to 2 hours.

Place in an aluminum foil-lined 15- x 10-inch jellyroll pan.

Bake tenderloin at 400 for 50 minutes or until a meat thermometer inserted into thickest portion registers 145 (medium-rare).

Remove from oven, and let stand 15 minutes.

Serve with Avocado Bearnaise Sauce.

Nutrition Facts



PROTEIN 4.16% **FAT 78.26%** **CARBS 17.58%**

Properties

Glycemic Index:13.4, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:10.329565211807%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 192.74kcal (9.64%), Fat: 18.1g (27.85%), Saturated Fat: 2.84g (17.73%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 2.28g (0.83%), Sugar: 0.71g (0.79%), Cholesterol: 0mg (0%), Sodium: 396.49mg (17.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.33%), Vitamin K: 45.86µg (43.68%), Fiber: 6.87g (27.48%), Folate: 83.45µg (20.86%), Vitamin C: 13.06mg (15.83%), Vitamin E: 2.22mg (14.77%), Potassium: 501.71mg (14.33%), Vitamin B5: 1.41mg (14.08%), Vitamin B6: 0.27mg (13.57%), Copper: 0.2mg (9.89%), Manganese: 0.18mg (8.97%), Vitamin B3: 1.77mg (8.86%), Vitamin A: 423.8IU (8.48%), Vitamin B2: 0.13mg (7.93%), Magnesium: 30.46mg (7.61%), Phosphorus: 55.52mg (5.55%), Vitamin B1: 0.07mg (4.74%), Zinc: 0.67mg (4.47%), Iron: 0.68mg (3.78%), Calcium: 18.64mg (1.86%)