



Beef Tenderloin with Fresh Herbs

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

31 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb center-cut beef tenderloin
- ☐ 2 tablespoons butter at room temperature
- ☐ 2 tablespoons dijon mustard
- ☐ 6 basil leaves fresh 4 in.
- ☐ 6 sage leaves fresh 3 in.
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 3 cloves garlic minced
- ☐ 8 servings fresh-ground pepper

- ☐ 8 servings salt
- ☐ 8 servings thyme sprigs

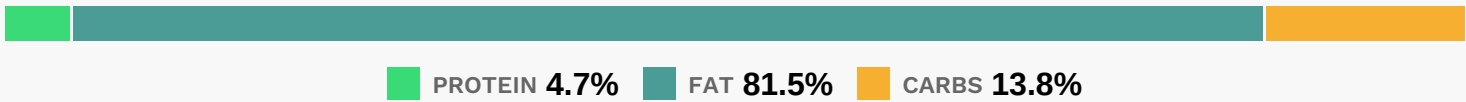
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Trim any excess fat from meat and discard.
- ☐ Cut through tenderloin lengthwise to within 1/2 inch of other side.
- ☐ Lay meat open like a book.
- ☐ Spread meat with mustard.
- ☐ Lay basil and sage leaves on mustard.
- ☐ Sprinkle with thyme leaves, garlic, and pepper.
- ☐ Bring cut sides together and tie roast with cotton string at about 1-inch intervals to secure. Coat surface of beef with butter and sprinkle with more pepper.
- ☐ Lay roast, cut to the side, on a rack in a 12- by 17-inch pan.
- ☐ Bake in a 425 oven until a thermometer inserted in center of thickest part registers 130 to 135 for rare, 40 to 50 minutes.
- ☐ Let rest in a warm place up to 20 minutes.
- ☐ Transfer meat to a platter.
- ☐ Remove strings.
- ☐ Garnish with herb sprigs. Slice and add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:1.5708695726226%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 31.39kcal (1.57%), Fat: 2.99g (4.6%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.07g (0.07%), Cholesterol: 0mg (0%), Sodium: 268.44mg (11.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%), Copper: 0.11mg (5.57%), Vitamin A: 233.41IU (4.67%), Manganese: 0.09mg (4.32%), Vitamin C: 3.43mg (4.16%), Iron: 0.43mg (2.39%), Selenium: 1.44µg (2.06%), Fiber: 0.48g (1.92%), Calcium: 14.34mg (1.43%), Vitamin K: 1.48µg (1.41%), Magnesium: 5.61mg (1.4%), Vitamin B6: 0.02mg (1.21%)