



Beef Tenderloin with Henry Bain Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



154 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 pound beef tenderloin trimmed
- ☐ 0.3 cup butter softened
- ☐ 12 ounce chili sauce
- ☐ 1 teaspoon hot sauce
- ☐ 14 ounce catsup
- ☐ 8 ounce chutney
- ☐ 1 teaspoon pepper freshly ground
- ☐ 2 teaspoons salt

- ☐ 11 ounce steak sauce
- ☐ 10 ounce worcestershire sauce

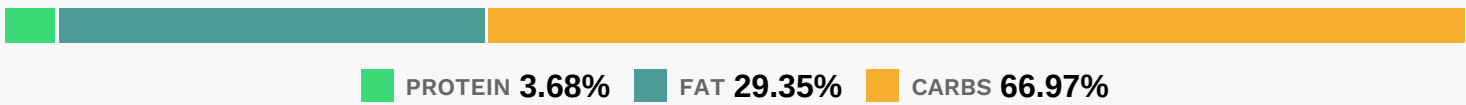
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Process chutney in a blender or food processor until smooth.
- ☐ Add ketchup and next 4 ingredients, and process until blended. Chill at least 2 hours.
- ☐ Stir together butter, salt, and pepper; rub over tenderloin.
- ☐ Place on a lightly greased rack in a jellyroll pan. Fold under 4 to 6 inches of narrow end of tenderloin to fit onto rack.
- ☐ Bake at 500 for 30 to 35 minutes or to desired degree of doneness.
- ☐ Let stand 15 minutes before serving.
- ☐ Serve tenderloin with sauce.
- ☐ NOTE: For testing purposes only, we used Major Grey's Chutney and A. Steak Sauce.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:5.9282609243756%

Flavonoids

Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 153.5kcal (7.68%), Fat: 5.1g (7.85%), Saturated Fat: 1.37g (8.53%), Carbohydrates: 26.19g (8.73%), Net Carbohydrates: 24.98g (9.08%), Sugar: 15.73g (17.48%), Cholesterol: 0mg (0%), Sodium: 2145.85mg (93.3%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin A: 1072.53IU (21.45%), Vitamin C: 13.71mg (16.62%), Potassium: 472.67mg (13.5%), Iron: 1.97mg (10.95%), Vitamin E: 1.5mg (9.98%), Copper: 0.16mg (8.2%), Vitamin B2: 0.12mg (7.17%), Vitamin B3: 1.33mg (6.67%), Vitamin B6: 0.13mg (6.32%), Manganese: 0.1mg (5.02%), Fiber: 1.21g (4.85%), Phosphorus: 47.48mg (4.75%), Calcium: 43.27mg (4.33%), Magnesium: 15.64mg (3.91%), Vitamin B1: 0.06mg (3.69%), Vitamin K: 3.56µg (3.39%), Folate: 9.59µg (2.4%), Zinc: 0.24mg (1.59%), Selenium: 0.88µg (1.26%)