



## Beef Tenderloin with Herb-Dijon Crust

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

READY IN



75 min.

SERVINGS



8

CALORIES



12 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 lb frangelico trimmed
- 0.3 teaspoon pepper black freshly ground
- 3 tablespoons dijon mustard
- 0.3 cup basil fresh chopped
- 0.3 cup parsley fresh chopped
- 0.3 cup thyme sprigs fresh chopped
- 3 cloves garlic finely chopped
- 0.3 cup oregano fresh chopped

0.8 teaspoon salt

## Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- cutting board

## Directions

- Heat oven to 400F. In small bowl, mix parsley, basil, thyme, oregano and garlic; set aside.
- Spray bottom of roasting pan with cooking spray.
- Place beef in pan; sprinkle with salt and pepper.
- Spread mustard evenly over beef; pat parsley mixture over mustard. Insert ovenproof meat thermometer so tip is in center of thickest part of beef.
- Bake uncovered 35 to 45 minutes or until thermometer reads at least 140F (for medium-rare doneness).
- Place beef on cutting board. Cover loosely with foil; let stand 15 minutes or until thermometer reads 145F. (Temperature will continue to rise about 5F, and beef will be easier to carve.)
- Cut beef into 1/2-inch-thick slices.

## Nutrition Facts



**PROTEIN 17.3%** **FAT 19.49%** **CARBS 63.21%**

## Properties

Glycemic Index:30.75, Glycemic Load:0.24, Inflammation Score:-10, Nutrition Score:4.2373913630195%

## Flavonoids

Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 11.51kcal (0.58%), Fat: 0.31g (0.47%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 281.67mg (12.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin K: 43.39µg (41.33%), Manganese: 0.16mg (8.07%), Vitamin C: 5.29mg (6.41%), Vitamin A: 294.28IU (5.89%), Iron: 1.05mg (5.86%), Fiber: 1.19g (4.76%), Calcium: 39.56mg (3.96%), Selenium: 2.15µg (3.07%), Magnesium: 10.81mg (2.7%), Vitamin E: 0.32mg (2.1%), Vitamin B6: 0.04mg (2.07%), Folate: 7.99µg (2%), Copper: 0.03mg (1.58%), Potassium: 53.89mg (1.54%), Phosphorus: 13.11mg (1.31%), Vitamin B2: 0.02mg (1.29%), Vitamin B1: 0.02mg (1.21%)