



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

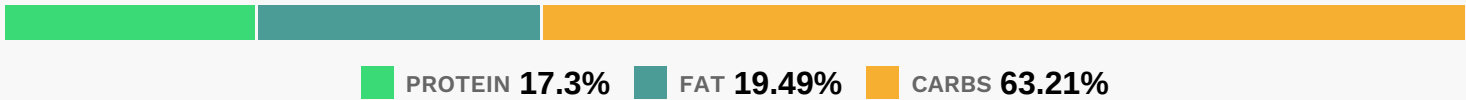
Equipment

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

Directions

- ☐ Heat oven to 400°F. 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 140°F (for medium-rare doneness).
- ☐ Place beef on cutting board. Cover loosely with foil; let stand 15 minutes or until thermometer reads 145°F. (Temperature will continue to rise about 5°F, and beef will be easier to carve.)
- ☐ Cut beef into 1/2-inch-thick slices.

Nutrition Facts



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%)