



Beef Tenderloin with Horseradish-Chive Sauce

 Gluten Free

READY IN



48 min.

SERVINGS



8

CALORIES



46 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound beef tenderloin trimmed
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1.5 teaspoons coarsely ground pepper black
- ☐ 3 tablespoons horseradish prepared
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 teaspoon juice of lemon fresh

- ☐ 1 tablespoon olive oil
- ☐ 0.7 cup cup heavy whipping cream light sour

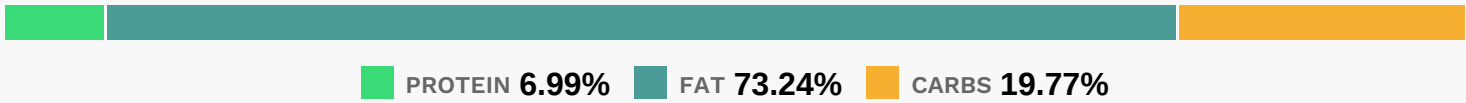
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 45
- ☐ Heat a large skillet over medium-high heat. Rub beef with oil; coat on all sides with pepper and 3/4 teaspoon salt.
- ☐ Add beef to pan; cook 3 minutes, browning on all sides.
- ☐ Place beef on a broiler pan.
- ☐ Bake at 450 for 25 minutes or until a thermometer registers 12
- ☐ Remove from oven; let stand for 10 minutes before slicing.
- ☐ Combine sour cream and remaining ingredients; serve with beef.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.4152173769215%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 45.92kcal (2.3%), Fat: 3.86g (5.94%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 2.35g (0.78%), Net Carbohydrates: 2.02g (0.73%), Sugar: 0.53g (0.59%), Cholesterol: 6.71mg (2.24%), Sodium: 300.9mg (13.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Calcium: 33.13mg (3.31%), Vitamin K: 3.44µg (3.28%), Manganese: 0.06mg (3.05%), Vitamin C: 2.25mg (2.73%), Vitamin E: 0.32mg (2.12%), Vitamin A: 98.16IU (1.96%), Potassium: 63.33mg (1.81%), Phosphorus: 17.1mg (1.71%), Folate: 6.33µg (1.58%), Vitamin B2: 0.03mg (1.55%), Selenium: 0.99µg (1.42%), Vitamin B12: 0.08µg (1.34%), Fiber: 0.33g (1.31%), Magnesium: 4.74mg (1.18%), Zinc: 0.16mg (1.04%)