



Beef Tenderloin with Horseradish Cream

 Gluten Free

READY IN



540 min.

SERVINGS



10

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb frangelico trimmed of fat
- ☐ 1 cup blackstrap molasses
- ☐ 0.7 cup olive oil
- ☐ 0.5 cup soya sauce
- ☐ 0.5 cup shallots chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 3 tablespoons thyme sprigs fresh chopped

- ☐ 8 oz cream sour
- ☐ 0.3 cup whipping cream
- ☐ 2 tablespoons horseradish prepared
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper black

Equipment

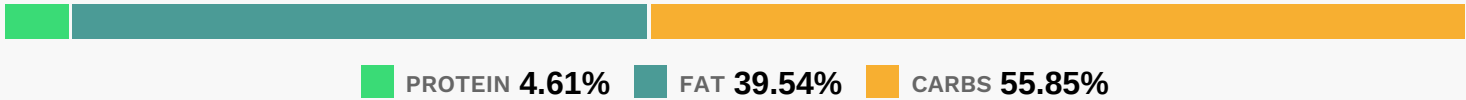
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ In resealable food-storage plastic bag or large glass or plastic dish, place beef. In small bowl, mix molasses, 1/2 cup of the oil, the soy sauce, shallots, garlic and 2 tablespoons each of the parsley and thyme; pour over beef. Seal bag or cover dish; refrigerate at least 8 hours but no longer than 24 hours, turning beef several times to coat with marinade.
- ☐ Heat oven to 425°F.
- ☐ Remove beef from marinade; discard marinade. In 12-inch nonstick skillet, heat remaining oil over medium-high heat.
- ☐ Add beef; cook 8 minutes or until browned on all sides.
- ☐ Place beef on rack in shallow roasting pan. Insert meat thermometer so tip is in center of thickest part of beef.
- ☐ Roast uncovered 15 minutes or until thermometer reads 135°F (medium-rare). Cover beef loosely with foil; let stand 20 minutes or until thermometer reads 140°F. (Temperature will continue to rise about 5°F and beef will be easier to carve as juices set up.)
- ☐ Meanwhile, in small bowl, mix sour cream, whipping cream, horseradish, salt, pepper and remaining 1 tablespoon each parsley and thyme.

- ☐
- Cut beef into 1/2-inch slices.
- ☐
- Serve with horseradish cream.

Nutrition Facts



Properties

Glycemic Index:26.3, Glycemic Load:11.95, Inflammation Score:-9, Nutrition Score:9.3517391292945%

Flavonoids

Apigenin: 2.65mg, Apigenin: 2.65mg, Apigenin: 2.65mg, Apigenin: 2.65mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 209.71kcal (10.49%), Fat: 9.56g (14.7%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 30.38g (10.13%), Net Carbohydrates: 29.44g (10.71%), Sugar: 27.51g (30.57%), Cholesterol: 20.1mg (6.7%), Sodium: 742.37mg (32.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.01%), Manganese: 0.68mg (33.95%), Magnesium: 96.52mg (24.13%), Vitamin K: 22.18µg (21.12%), Potassium: 622.46mg (17.78%), Vitamin B6: 0.33mg (16.34%), Iron: 2.53mg (14.03%), Calcium: 116.91mg (11.69%), Selenium: 7.51µg (10.73%), Copper: 0.21mg (10.72%), Vitamin C: 7.27mg (8.81%), Vitamin A: 430.53IU (8.61%), Phosphorus: 59.08mg (5.91%), Vitamin B2: 0.08mg (4.89%), Vitamin B5: 0.46mg (4.64%), Vitamin B3: 0.89mg (4.47%), Vitamin E: 0.57mg (3.81%), Fiber: 0.94g (3.77%), Folate: 12.23µg (3.06%), Vitamin B1: 0.04mg (2.55%), Zinc: 0.37mg (2.5%)