



Beef Tenderloin With Horseradish Cream

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce beef tenderloin steaks thick ()
- ☐ 1 recipe cheese biscuits blue
- ☐ 10 servings horseradish cream
- ☐ 0.5 teaspoon seasoned pepper
- ☐ 0.5 teaspoon salt

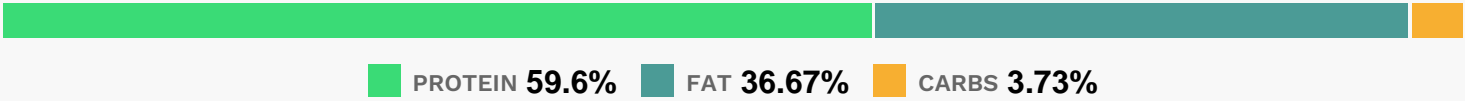
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Sprinkle steaks evenly with salt and seasoned pepper. Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ minutes on each side or until desired degree of doneness.
- ☐ Remove steaks from grill; cover with aluminum foil, and let stand 10 minutes.
- ☐ Cut steaks into thin slices.
- ☐ Cut Blue Cheese Biscuits in half. Divide and place beef slices evenly on the cut sides of biscuits; top with Horseradish Cream. Top with remaining biscuit halves. (Or serve the cream on the side, and let guests make their own sandwiches.)

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:4.7608696001217%

Nutrients (% of daily need)

Calories: 70.19kcal (3.51%), Fat: 2.76g (4.25%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 0.63g (0.21%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.4g (0.44%), Cholesterol: 29.13mg (9.71%), Sodium: 162.9mg (7.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.1g (20.2%), Selenium: 14.01µg (20.01%), Vitamin B3: 2.93mg (14.64%), Vitamin B6: 0.29mg (14.31%), Zinc: 1.85mg (12.32%), Phosphorus: 96.97mg (9.7%), Vitamin B12: 0.42µg (7.05%), Potassium: 174.3mg (4.98%), Iron: 0.76mg (4.21%), Vitamin B2: 0.06mg (3.26%), Magnesium: 11.98mg (3%), Vitamin B5: 0.3mg (3%), Vitamin B1: 0.03mg (2.27%), Folate: 8.78µg (2.2%), Copper: 0.04mg (1.94%), Vitamin C: 1.25mg (1.51%), Calcium: 14mg (1.4%), Manganese: 0.02mg (1.22%)