



Beef Tenderloin with Roasted Tomato Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



29 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 2 pound beef tenderloin trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 garlic cloves peeled
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 6 plum tomatoes cut in half lengthwise (1 1/2 pounds)

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 1 onion sweet cut into (1/4-inch-thick) slices (3/4 pound)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 35
- ☐ To prepare salsa, brush tomatoes and onion with oil; place on a baking sheet coated with cooking spray.
- ☐ Bake at 350 for 15 minutes. Wrap garlic in foil; add to baking sheet.
- ☐ Bake at 350 for 45 minutes or until vegetables are tender.
- ☐ Remove from oven; cool 10 minutes.
- ☐ Coarsely chop tomatoes and onion; place in a large bowl. Mash garlic with a fork; add to tomato mixture. Stir in basil, vinegar, and 1/4 teaspoon salt.
- ☐ Increase oven temperature to 45
- ☐ To prepare beef, sprinkle beef with 1 teaspoon salt, coriander, and pepper.
- ☐ Place on a broiler pan coated with cooking spray.
- ☐ Bake at 450 for 33 minutes or until a thermometer registers 135 or until desired degree of doneness.
- ☐ Remove from oven; let stand 10 minutes before slicing.
- ☐ Serve with salsa.

Nutrition Facts



 PROTEIN **10.85%**  FAT **19.16%**  CARBS **69.99%**

Properties

Glycemic Index:27.5, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:3.1278260557548%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 29.27kcal (1.46%), Fat: 0.68g (1.05%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 4.52g (1.64%), Sugar: 3.41g (3.79%), Cholesterol: 0mg (0%), Sodium: 369.46mg (16.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin C: 8.85mg (10.73%), Vitamin A: 414.58IU (8.29%), Manganese: 0.12mg (6.17%), Vitamin K: 6.3µg (6%), Vitamin B6: 0.11mg (5.29%), Potassium: 170.21mg (4.86%), Fiber: 1.08g (4.33%), Folate: 16.88µg (4.22%), Copper: 0.06mg (2.98%), Magnesium: 10.46mg (2.61%), Phosphorus: 25.57mg (2.56%), Vitamin B1: 0.04mg (2.48%), Vitamin E: 0.34mg (2.25%), Calcium: 18.29mg (1.83%), Iron: 0.33mg (1.81%), Vitamin B3: 0.35mg (1.75%), Vitamin B2: 0.02mg (1.15%), Zinc: 0.16mg (1.09%)