



Beef Tenderloin with Smoked Paprika Mayonnaise



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



12

CALORIES



142 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons meat juices from beef to taste
- ☐ 2 large garlic cloves
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 3.5 pound beef tenderloin roast trimmed
- ☐ 1 teaspoon paprika smoked

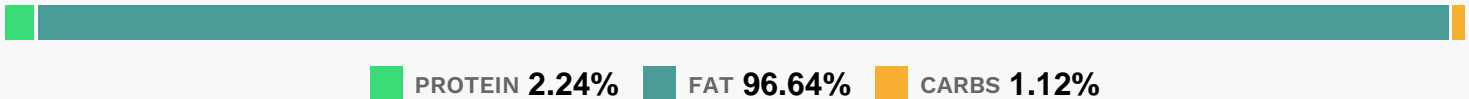
Equipment

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

Directions

- ☐ Preheat oven to 500°F with rack in middle.
- ☐ Mince and mash garlic to a paste with 1 1/4 teaspoon salt.
- ☐ Transfer to a small bowl and stir in paprika, cumin, oil, and 1 teaspoon pepper.
- ☐ Pat tenderloin dry, then rub garlic mixture all over it. Roast in a roasting pan until an instant-read thermometer inserted diagonally 2 inches into center of meat registers 120°F, 25 to 35 minutes for medium-rare.
- ☐ Transfer to a platter along with any pan juices and cool, loosely covered with foil, 30 minutes to 1 hour. (Internal temperature will rise to about 130°F as it rests.)
- ☐ Stir together mayonnaise, paprika, cumin, and 1/2 teaspoon pepper. Stir in meat juices and salt to taste
- ☐ Cut meat into thick slices.
- ☐ Serve warm or at room temperature, with smoked-paprika mayonnaise.
- ☐ Smoked-paprika mayonnaise keeps, chilled, 2 weeks.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:2.2117391053749%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 142.22kcal (7.11%), Fat: 15.29g (23.53%), Saturated Fat: 2.39g (14.95%), Carbohydrates: 0.4g (0.13%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.13g (0.15%), Cholesterol: 9.37mg (3.12%), Sodium: 120.28mg (5.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.59%), Vitamin K: 31.31µg (29.81%), Vitamin E: 0.84mg (5.6%), Vitamin A: 95.33IU (1.91%), Selenium: 1.2µg (1.71%), Vitamin B6: 0.03mg (1.39%), Vitamin B12: 0.07µg (1.13%), Iron: 0.2mg (1.09%), Phosphorus: 10.92mg (1.09%)