



Beef Tenderloin with Yukon Gold Potatoes, Chili-Cured Onions, and Horseradish

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups arugula trimmed
- 12 ounce beef tenderloin
- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons chili powder
- 2 tablespoons milk fat-free
- 1 tablespoon basil fresh minced
- 0.1 teaspoon ground pepper red

- 1 tablespoon horseradish prepared
- 0.3 cup juice of lemon fresh
- 0.7 cup cup heavy whipping cream sour low-fat
- 4 shavings parmesan cheese fresh
- 2 cups onion red vertically sliced
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 1 tablespoon vegetable oil
- 1.5 pounds yukon gold red sliced

Equipment

- bowl
- frying pan
- oven
- grill
- kitchen thermometer
- colander
- broiler pan

Directions

- To prepare onions, combine first 6 ingredients in a bowl; toss well.
- Let stand 2 hours, stirring occasionally.
- Preheat oven to 45
- To prepare potatoes, combine potato, oil, 1/2 teaspoon salt, and 1/4 teaspoon black pepper in a bowl, and toss well to coat. Arrange potato slices in a single layer on a jelly-roll pan coated with cooking spray.
- Bake at 450 for 15 minutes. Turn potato slices over, and bake an additional 20 minutes or until tender and lightly browned.
- To prepare horseradish cream, combine sour cream, milk, and horseradish; cover and chill.

- Prepare the grill, or preheat the oven to 45
- Rub tenderloin with 1/4 teaspoon black pepper. Insert meat thermometer into thickest part of tenderloin.
- Place the tenderloin on a grill rack or a broiler pan coated with cooking spray, and grill or bake at 450 for 20 minutes or until meat thermometer registers 145 (medium-rare) or 160 (medium), turning every 5 minutes.
- Let stand 5 minutes; cut into 8 slices.
- Drain onions in a colander over a bowl, reserving 1 tablespoon marinade; toss marinade with arugula.
- Arrange 2 slices tenderloin, 1 cup potatoes, 1/2 cup arugula mixture, and 1/4 cup onions on each of 4 plates; drizzle each serving with about 2 1/2 tablespoons horseradish cream, and top with 1 cheese shaving.

Nutrition Facts

■ PROTEIN **10.05%** ■ FAT **28.66%** ■ CARBS **61.29%**

Properties

Glycemic Index:72.06, Glycemic Load:1.98, Inflammation Score:-8, Nutrition Score:13.925217343413%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.44mg, Isorhamnetin: 4.44mg, Isorhamnetin: 4.44mg, Isorhamnetin: 4.44mg Kaempferol: 4.01mg, Kaempferol: 4.01mg, Kaempferol: 4.01mg, Kaempferol: 4.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.19mg, Quercetin: 18.19mg, Quercetin: 18.19mg, Quercetin: 18.19mg

Nutrients (% of daily need)

Calories: 250.83kcal (12.54%), Fat: 8.34g (12.82%), Saturated Fat: 3.36g (20.98%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 35.12g (12.77%), Sugar: 7.03g (7.81%), Cholesterol: 14.32mg (4.77%), Sodium: 555.82mg (24.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.16%), Vitamin C: 29.37mg (35.6%), Potassium: 1071.27mg (30.61%), Vitamin K: 26.05µg (24.81%), Vitamin B6: 0.44mg (21.94%), Manganese: 0.42mg (21.16%), Fiber: 4.99g (19.94%), Phosphorus: 180.38mg (18.04%), Folate: 65.85µg (16.46%), Vitamin A: 750.21IU (15%), Magnesium: 59.35mg (14.84%), Copper: 0.29mg (14.61%), Vitamin B1: 0.21mg (13.72%), Calcium: 135.32mg (13.53%), Vitamin B3: 2.27mg (11.36%), Iron: 1.83mg (10.16%), Vitamin B2: 0.16mg (9.17%), Zinc: 1.09mg (7.25%),

Vitamin B5: 0.68mg (6.83%), Vitamin E: 0.9mg (6%), Selenium: 3.18µg (4.55%), Vitamin B12: 0.22µg (3.61%), Vitamin D: 0.16µg (1.09%)