



## Black & Blue Beef Tenderloin

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 lb beef tenderloin trimmed
- 0.3 tsp pepper black
- 2 oz athenos cheese blue crumbled
- 0.5 cup knudsen cream sour
- 2 Tbsp philadelphia cream cheese softened
- 1 clove garlic peeled cut in half
- 2 Tbsp milk
- 0.3 tsp salt

- 1 shallots minced
- 1 Tbsp vegetable oil

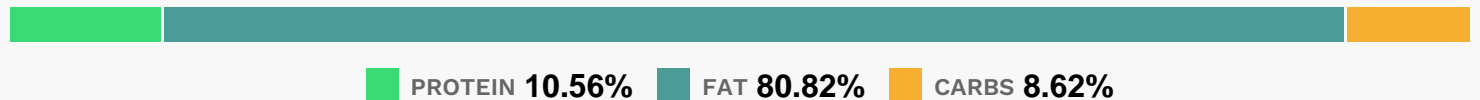
## Equipment

- frying pan
- oven

## Directions

- Heat oven to 425F.
- Rub outside of meat with cut garlic; season with salt and pepper.
- Heat oil in heavy ovenproof skillet on medium-high heat.
- Add meat; cook 10 min. or until browned on all sides, turning frequently.
- Remove excess oil from skillet.
- Bake meat in skillet 30 to 35 min. or until internal temperature reaches 145F.
- Remove from oven.
- Let stand 10 min. (Temperature will rise to 160F.)
- Meanwhile, combine next 4 ingredients until blended. Stir in blue cheese. Slice meat; serve with sauce.

## Nutrition Facts



## Properties

Glycemic Index:3.35, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.28260869403248%

## Nutrients (% of daily need)

Calories: 12.57kcal (0.63%), Fat: 1.15g (1.77%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 0.28g (0.09%), Net Carbohydrates: 0.26g (0.09%), Sugar: 0.16g (0.18%), Cholesterol: 2.6mg (0.87%), Sodium: 25mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%)