



Black Pepper Spice-Rubbed Beef Tenderloin



Gluten Free



Dairy Free



Low Fod Map

READY IN



1500 min.

SERVINGS



6

CALORIES



227 kcal

SEASONING

MARINADE

Ingredients

- 1.5 teaspoons peppercorns black
- 1 small pieces cinnamon sticks (1 1/2-inch)
- 1.5 teaspoons coriander seeds
- 1.5 teaspoons cumin seeds
- 0.5 teaspoon fennel seeds
- 4 cardamom pods green crushed
- 1.3 teaspoon kosher salt
- 1.5 teaspoons mustard seeds (preferably brown)

- 2 pounds tied center-cut beef tenderloin roast trimmed at room temperature
- 1.5 tablespoons vegetable oil

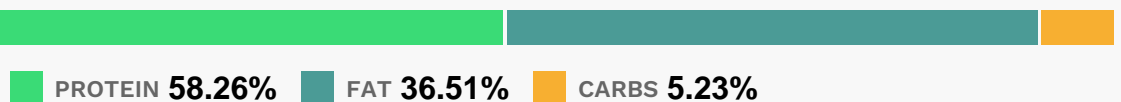
Equipment

- frying pan
- oven
- roasting pan
- kitchen thermometer
- cutting board

Directions

- Toast spices with salt in a dry 10-inch heavy skillet over medium-low heat, stirring occasionally, until mustard seeds begin to pop, 3 to 5 minutes. Cool completely, then grind in grinder.
- Preheat oven to 350°F with rack in middle.
- Pat beef dry, then rub spice mixture all over it (including ends).
- Heat oil in same skillet over high heat until it shimmers. Brown beef on all sides, about 10 minutes total.
- Transfer beef to a small roasting pan and roast until an instant-read thermometer inserted diagonally 2 inches into center of meat registers 120°F for medium-rare, 25 to 30 minutes.
- Transfer beef to a cutting board and let stand 10 minutes (internal temperature will rise to about 130°F).
- Cut off string and slice beef.
- Serve warm or at room temperature.
- Beef can be rubbed with spice mixture 1 day ahead and chilled.
- Let stand at room temperature 30 minutes before browning.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:20.426521748304%

Nutrients (% of daily need)

Calories: 226.56kcal (11.33%), Fat: 9.32g (14.33%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 3g (1%), Net Carbohydrates: 1.84g (0.67%), Sugar: 0.07g (0.08%), Cholesterol: 86.18mg (28.73%), Sodium: 2761.73mg (120.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.45g (66.89%), Vitamin C: 68.56mg (83.1%), Vitamin B3: 11.34mg (56.71%), Calcium: 447.49mg (44.75%), Vitamin B12: 2.57µg (42.84%), Zinc: 5.67mg (37.83%), Manganese: 0.63mg (31.41%), Vitamin B6: 0.62mg (30.86%), Phosphorus: 307.59mg (30.76%), Iron: 4mg (22.22%), Selenium: 11.91µg (17.01%), Potassium: 477.34mg (13.64%), Vitamin B2: 0.2mg (11.53%), Magnesium: 43.69mg (10.92%), Vitamin K: 8.17µg (7.78%), Copper: 0.14mg (7.12%), Vitamin B1: 0.08mg (5.53%), Vitamin B5: 0.48mg (4.76%), Fiber: 1.16g (4.64%), Folate: 15.22µg (3.81%), Vitamin E: 0.35mg (2.32%)