



## Bourbon Beef Tenderloin

 Dairy Free

READY IN



105 min.

SERVINGS



10

CALORIES



277 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 5 pound beef tenderloin
- ☐ 1 cup bourbon
- ☐ 1 cup brown sugar
- ☐ 1 bunch cilantro leaves chopped
- ☐ 3 sprigs thyme leaves fresh chopped
- ☐ 0.5 cup juice of lemon
- ☐ 10 servings oil
- ☐ 0.7 cup soya sauce

- ☐ 2 cups water
- ☐ 1 tablespoon worcestershire sauce

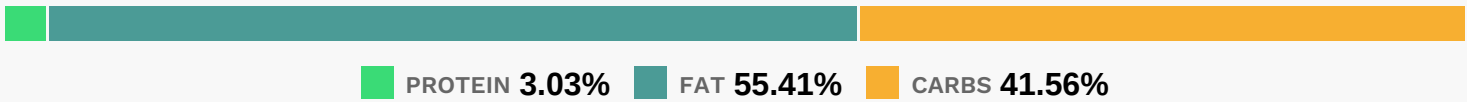
## Equipment

- ☐ bowl
- ☐ oven
- ☐ grill

## Directions

- ☐ Preheat grill or oven to 350 degrees F.
- ☐ Prepare marinade by combining the bourbon, brown sugar, soy sauce, cilantro, lemon juice, Worcestershire sauce, water, and thyme in a bowl. Make sure the tenderloin has been cleaned and the tissues has been removed. Fold the tail end of the beef back underneath itself so that it is of uniform thickness and secure with butcher's string.
- ☐ Place meat in a dish and pour marinade over meat, cover, and refrigerate for 4 to 6 hours, or up to overnight, turning meat over several times.
- ☐ When grill is ready, place meat on oiled surface and reserve the liquid from the marinade. Cook over high heat with lid closed, turning meat often and occasionally basting with the marinade. Cook for approximately 25 minutes for medium rare.
- ☐ Serve with horseradish cream on the side.

## Nutrition Facts



## Properties

Glycemic Index:10.7, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:3.1500000435373%

## Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 276.56kcal (13.83%), Fat: 14.05g (21.62%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 23.49g (8.54%), Sugar: 22.09g (24.54%), Cholesterol: 0mg (0%), Sodium: 895.35mg (38.93%), Alcohol: 8.02g (100%), Alcohol %: 2.79% (100%), Protein: 1.73g (3.46%), Vitamin E: 2.49mg (16.6%), Vitamin K: 12.48µg (11.88%), Vitamin C: 5.64mg (6.83%), Manganese: 0.11mg (5.28%), Iron: 0.7mg (3.89%), Vitamin B3: 0.68mg (3.38%), Calcium: 27.07mg (2.71%), Potassium: 94.69mg (2.71%), Copper: 0.05mg (2.63%), Magnesium: 10.28mg (2.57%), Phosphorus: 24.64mg (2.46%), Vitamin B6: 0.05mg (2.4%), Vitamin B2: 0.03mg (1.84%), Folate: 6.21µg (1.55%), Vitamin A: 70.31IU (1.41%), Vitamin B5: 0.11mg (1.09%), Vitamin B1: 0.02mg (1.02%)