



Char-Grilled Beef Tenderloin with Three-Herb Chimichurri

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



55 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons ancho chile powder
- 3.5 pound beef tenderloin
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon coarse kosher salt
- 2 tablespoons brown sugar dark
- 2 cups cilantro leaves fresh packed stemmed ()
- 1 cup mint leaves fresh packed stemmed ()

- 3 cups parsley fresh packed stemmed ()
- 3 garlic cloves peeled
- 1 teaspoon ground pepper black
- 3 tablespoons juice of lemon fresh
- 2 tablespoons olive oil
- 0.5 teaspoon pepper dried red crushed
- 3 tablespoons red wine vinegar
- 1 teaspoon sea salt fine
- 2 medium shallots peeled quartered
- 1 tablespoon paprika smoked sweet

Equipment

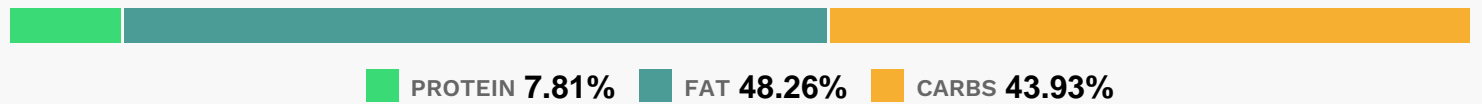
- bowl
- paper towels
- blender
- grill
- kitchen thermometer
- aluminum foil

Directions

- Combine all ingredients in small bowl.
- Do ahead: Can be made 2 days ahead. Store airtight at room temperature.
- Combine first 8 ingredients in blender; blend until almost smooth.
- Add 1/4 of parsley, 1/4 of cilantro, and 1/4 of mint; blend until incorporated.
- Add remaining herbs in 3 more additions, pureeing until almost smooth after each addition.
- Do ahead: Can be made 3 hours ahead. Cover; chill.
- Let beef stand at room temperature 1 hour.
- Prepare barbecue (high heat). Pat beef dry with paper towels; brush with oil.
- Sprinkle all over with spice rub, using all of mixture (coating will be thick).

- Place beef on grill; sear 2 minutes on each side. Reduce heat to medium-high. Grill uncovered until instant-read thermometer inserted into thickest part of beef registers 130°F for medium-rare, moving beef to cooler part of grill as needed to prevent burning, and turning occasionally, about 40 minutes.
- Transfer to platter; cover loosely with foil and let rest 15 minutes. Thinly slice beef crosswise.
- Serve with chimichurri sauce.
- *Available at specialty foods stores and from tienda.com.

Nutrition Facts



Properties

Glycemic Index:20.3, Glycemic Load:0.53, Inflammation Score:-9, Nutrition Score:11.382608690987%

Flavonoids

Eriodictyol: 1.61mg, Eriodictyol: 1.61mg, Eriodictyol: 1.61mg, Eriodictyol: 1.61mg Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 39.03mg, Apigenin: 39.03mg, Apigenin: 39.03mg, Apigenin: 39.03mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 2.69mg, Myricetin: 2.69mg, Myricetin: 2.69mg, Myricetin: 2.69mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 54.88kcal (2.74%), Fat: 3.18g (4.89%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 4.82g (1.75%), Sugar: 3.13g (3.48%), Cholesterol: 0mg (0%), Sodium: 952.12mg (41.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Vitamin K: 308.34µg (293.65%), Vitamin A: 2388.99IU (47.78%), Vitamin C: 28.69mg (34.77%), Iron: 1.79mg (9.93%), Folate: 37.63µg (9.41%), Manganese: 0.19mg (9.39%), Fiber: 1.7g (6.78%), Vitamin E: 0.99mg (6.58%), Potassium: 199.85mg (5.71%), Calcium: 48.79mg (4.88%), Magnesium: 17.75mg (4.44%), Vitamin B6: 0.08mg (4.12%), Copper: 0.07mg (3.6%), Vitamin B2: 0.05mg (2.96%), Vitamin B3: 0.49mg (2.46%), Phosphorus: 24.33mg (2.43%), Zinc: 0.35mg (2.31%), Vitamin B1: 0.03mg (2.06%), Vitamin B5: 0.16mg (1.6%)