



Chilled Roast Tenderloin of Beef

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



75 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pound beef tenderloin trimmed
- 2 tablespoons dijon mustard
- 6 garlic cloves halved
- 0.3 cup horseradish divided prepared
- 0.5 cup cup heavy whipping cream sour

Equipment

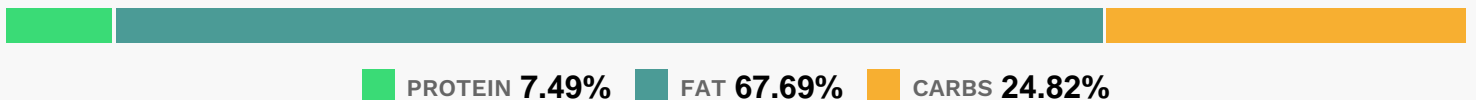
- bowl
- baking sheet

- oven
- roasting pan
- aluminum foil

Directions

- Place tenderloin on a foil-lined baking sheet or roasting pan. Make 12 small slits on top side of meat; insert garlic halves.
- Combine mustard and 2 tablespoons prepared horseradish in a small bowl, and spread evenly over top and sides of beef.
- Bake at 350 for 25 to 30 minutes or until desired degree of doneness. (For rare, remove from oven at 13
- Beef will continue to cook to 140 with residual heat.) Cover and chill several hours or overnight.
- Combine sour cream and remaining 2 tablespoons horseradish; serve with chilled beef.
- For individual canaps, slice beef 1/4 inch thick, and cut into wedges.
- Place on toasted French baguette slices, top with a small dollop of sour cream mixture, and garnish with fresh parsley. Makes about 5 dozen hors d'oeuvres.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.86, Inflammation Score:-3, Nutrition Score:2.8286956704181%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 75.4kcal (3.77%), Fat: 5.96g (9.16%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 4g (1.45%), Sugar: 2.33g (2.59%), Cholesterol: 16.96mg (5.65%), Sodium: 155.18mg (6.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.97%), Selenium: 4.67µg (6.68%), Vitamin C: 5.43mg (6.58%), Manganese: 0.13mg (6.43%), Calcium: 50.31mg (5.03%), Vitamin B6: 0.08mg (4.19%), Phosphorus: 41.49mg (4.15%),

Vitamin A: 185.14IU (3.7%), Fiber: 0.91g (3.65%), Vitamin B2: 0.06mg (3.64%), Potassium: 102.13mg (2.92%), Magnesium: 11.65mg (2.91%), Folate: 10.94µg (2.73%), Zinc: 0.32mg (2.13%), Vitamin B1: 0.03mg (2.01%), Copper: 0.03mg (1.64%), Vitamin B5: 0.16mg (1.6%), Iron: 0.28mg (1.55%), Vitamin B12: 0.06µg (1.01%)