



Churrasco with Pebre (Grilled Beef Tenderloin with Chilean Cilantro Sauce)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



46 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pound frangelico
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground cumin
- ☐ 4 cups onion sliced
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon sugar
- ☐ 6 servings cilantro leaves (Chilean Cilantro Sauce)

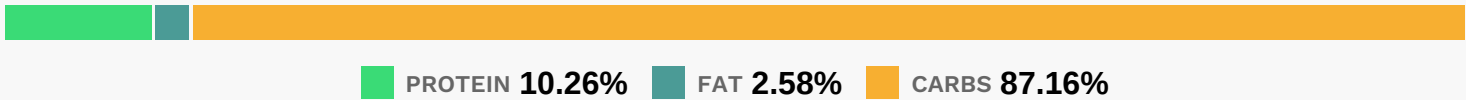
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ broiler
- ☐ rolling pin
- ☐ meat tenderizer
- ☐ broiler pan

Directions

- ☐ Place a large skillet coated with cooking spray over medium heat until hot.
- ☐ Add sliced onion and sugar; cover and cook 10 minutes or until golden brown, stirring frequently. Keep warm.
- ☐ Prepare broiler.
- ☐ Cut tenderloin lengthwise with the grain into 6 even steaks.
- ☐ Place 1 steak between 2 sheets of heavy-duty plastic wrap; flatten to an even thickness using a meat mallet or rolling pin. Repeat procedure with remaining steaks.
- ☐ Combine salt and next 4 ingredients (salt through cumin). Rub salt mixture over both sides of steaks.
- ☐ Place steaks on a broiler pan coated with cooking spray. Broil 2 minutes on each side or until desired degree of doneness. Top each steak with onion mixture; drizzle each with 1 tablespoon Pebre.

Nutrition Facts



Properties

Glycemic Index:29.35, Glycemic Load:2.47, Inflammation Score:-6, Nutrition Score:2.9813043241915%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 21.71mg, Quercetin: 21.71mg, Quercetin: 21.71mg, Quercetin: 21.71mg

Nutrients (% of daily need)

Calories: 45.97kcal (2.3%), Fat: 0.14g (0.22%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 8.78g (3.19%), Sugar: 4.87g (5.41%), Cholesterol: 0mg (0%), Sodium: 198.47mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Vitamin C: 7.93mg (9.62%), Manganese: 0.17mg (8.67%), Fiber: 1.96g (7.84%), Vitamin B6: 0.13mg (6.74%), Folate: 20.88µg (5.22%), Potassium: 165.09mg (4.72%), Vitamin B1: 0.05mg (3.41%), Phosphorus: 32.94mg (3.29%), Magnesium: 11.93mg (2.98%), Calcium: 29.1mg (2.91%), Copper: 0.05mg (2.37%), Iron: 0.37mg (2.08%), Vitamin K: 2.05µg (1.95%), Vitamin B2: 0.03mg (1.81%), Vitamin B5: 0.14mg (1.37%), Zinc: 0.2mg (1.34%)