



Coffee-Crusted Beef Tenderloin with Dijon Cream

 Dairy Free

READY IN



300 min.

SERVINGS



24

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons coffee instant
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 lb frangelico (center cut)
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup salad dressing

- ☐ 0.5 teaspoon salt
- ☐ 4 large leaf romaine leaves
- ☐ 2 dinner rolls french cut into 24 (1/4-inch) slices
- ☐ 24 small thyme sprigs

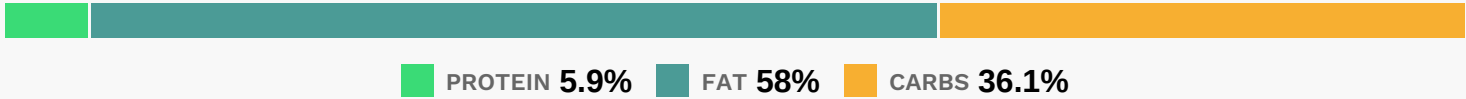
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ pie form

Directions

- ☐ Heat oven to 450°F. In small bowl, mix coffee granules, pepper and 1/4 teaspoon salt.
- ☐ Sprinkle evenly over all sides of beef.
- ☐ In 10-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add beef; cook 3 minutes. Turn beef; cook 2 to 3 minutes longer or until very dark brown.
- ☐ Place beef in 9-inch square pan (or deep-dish pie pan). Insert ovenproof meat thermometer so tip is in center of beef.
- ☐ Bake 25 to 30 minutes or until thermometer reads 140°F.
- ☐ Remove from oven.
- ☐ Let stand 5 minutes. Wrap in foil; refrigerate until cold, at least 4 hours or overnight.
- ☐ Meanwhile, in small bowl, mix mustard, mayonnaise and 1/2 teaspoon salt. Cover; refrigerate Dijon cream until serving time.
- ☐ To serve, cut beef into 12 thin slices; cut each slice in half.
- ☐ Place 1 lettuce piece on each bread slice; top each with beef slice and heaping teaspoon Dijon cream.
- ☐ Garnish with parsley sprigs.

Nutrition Facts



Properties

Glycemic Index:4.54, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:1.1108695663836%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg

Nutrients (% of daily need)

Calories: 28.36kcal (1.42%), Fat: 1.87g (2.87%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 2.3g (0.84%), Sugar: 0.6g (0.66%), Cholesterol: 0mg (0%), Sodium: 147.11mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.85%), Vitamin K: 3.96µg (3.77%), Manganese: 0.07mg (3.27%), Selenium: 1.51µg (2.15%), Vitamin C: 1.65mg (2%), Iron: 0.33mg (1.86%), Fiber: 0.32g (1.26%), Vitamin A: 62.28IU (1.25%), Vitamin B1: 0.02mg (1.22%), Calcium: 11.79mg (1.18%), Vitamin E: 0.17mg (1.13%)