



Cold Roast Fillet of Beef with Cracked Pepper Crust

READY IN



48 min.

SERVINGS



8

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 1 pound fillet of beef trimmed at room temperature
- ☐ 1 tablespoon peppercorns black
- ☐ 1 teaspoon coarse salt
- ☐ 2 teaspoons peppercorns dried green
- ☐ 3 teaspoons horseradish
- ☐ 8 servings paprika
- ☐ 8 servings parsley sprigs for garnish, is desired
- ☐ 8 servings salt and pepper

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 teaspoon peppercorns white

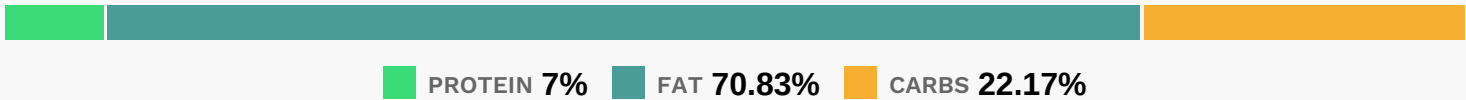
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Preheat the oven to 500 degrees F.
- ☐ In a small bowl, combine the black pepper, the green pepper, the white pepper, and the salt. Rub the meat with the pepper-salt mixture. Sear meat in hot skillet until browned all over. If tenderloin is too large for skillet, cut meat in half. In an oiled roasting pan roast the fillet in the middle of the oven for 20 to 25 minutes, or until a meat thermometer registers 130 degrees F for medium-rare meat, and let it cool to room temperature.
- ☐ The fillet may be roasted 2 days in advance and kept wrapped and chilled. Slice the fillet crosswise, arrange it on a cutting board or platter, and garnish it with the parsley.
- ☐ Serve the beef with the Sour Cream Horseradish.
- ☐ Combine all ingredients. Chill.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.3, Inflammation Score:-7, Nutrition Score:7.2943478097086%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg,

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 70.27kcal (3.51%), Fat: 5.93g (9.13%), Saturated Fat: 2.97g (18.59%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 2.81g (1.02%), Sugar: 1.38g (1.53%), Cholesterol: 16.96mg (5.65%), Sodium: 530.54mg (23.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin K: 69.71µg (66.39%), Vitamin A: 1508.03IU (30.16%), Manganese: 0.23mg (11.54%), Vitamin C: 6.19mg (7.51%), Fiber: 1.37g (5.48%), Iron: 0.91mg (5.07%), Vitamin E: 0.73mg (4.9%), Calcium: 47.66mg (4.77%), Vitamin B2: 0.08mg (4.72%), Potassium: 125.47mg (3.58%), Phosphorus: 34.09mg (3.41%), Vitamin B6: 0.06mg (3.19%), Magnesium: 11.65mg (2.91%), Folate: 10.13µg (2.53%), Copper: 0.05mg (2.45%), Selenium: 1.33µg (1.9%), Vitamin B5: 0.18mg (1.82%), Zinc: 0.26mg (1.75%), Vitamin B3: 0.3mg (1.52%), Vitamin B1: 0.02mg (1.16%), Vitamin B12: 0.06µg (1.01%)