



Coriander-Rubbed Tenderloin Crostini

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 18 ounce beef tenderloin steak
- ☐ 1 ounce diagonally bread italian 1-inch-thick toasted cut
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 2 teaspoons ginger fresh peeled chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 garlic clove minced

- ☐ 2 tablespoons green onions coarsely chopped
- ☐ 0.3 cup ground coriander
- ☐ 0.3 cup coarsely ground pepper
- ☐ 1 teaspoon coarsely ground pepper
- ☐ 1 teaspoon soya sauce low-sodium
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons mirin sweet rice wine
- ☐ 12 servings miso mustard sauce
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 6 inch plum tomatoes

Equipment

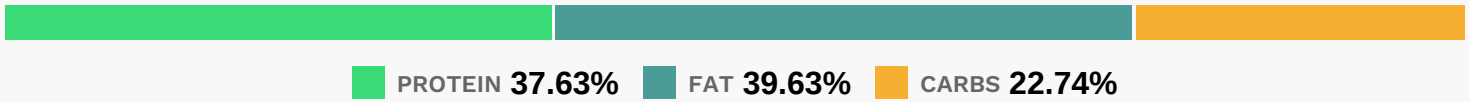
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Trim fat from beef.
- ☐ Combine tenderloin, green onions, and next 4 ingredients (green onions through garlic) in a large zip-top plastic bag; seal. Marinate in refrigerator 3 hours, turning occasionally.
- ☐ Preheat oven to 45
- ☐ Combine coriander and 1/4 cup pepper in a small bowl; set aside.
- ☐ Remove tenderloin from bag; pat dry with a paper towel. Discard marinade. Rub coriander mixture evenly over tenderloin.

- ☐ Place tenderloin on a broiler pan coated with cooking spray. Insert meat thermometer into thickest portion of tenderloin.
- ☐ Bake at 450 for 20 minutes or until thermometer registers 145 (medium-rare) to 160 (medium).
- ☐ Place tenderloin on a platter; cover with foil.
- ☐ Let stand 10 minutes. Slice tenderloin diagonally across grain into 12 slices; set aside.
- ☐ Combine parsley and next 7 ingredients (parsley through garlic) in a large bowl.
- ☐ Add tomato slices; toss gently to coat.
- ☐ Place 2 tomato slices on toast; top with 1 slice of tenderloin and 1 tablespoon Miso Mustard Sauce.

Nutrition Facts



Properties

Glycemic Index:35.33, Glycemic Load:0.94, Inflammation Score:-3, Nutrition Score:9.5886956297833%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 114.28kcal (5.71%), Fat: 5.08g (7.81%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 4.3g (1.56%), Sugar: 1.12g (1.24%), Cholesterol: 27.22mg (9.07%), Sodium: 183.62mg (7.98%), Alcohol: 0.4g (100%), Alcohol %: 0.78% (100%), Protein: 10.85g (21.69%), Manganese: 0.73mg (36.34%), Vitamin K: 35.63µg (33.93%), Selenium: 13.83µg (19.75%), Vitamin B3: 3.01mg (15.05%), Vitamin B6: 0.29mg (14.7%), Zinc: 1.91mg (12.75%), Phosphorus: 114.06mg (11.41%), Iron: 1.71mg (9.48%), Fiber: 2.26g (9.03%), Potassium: 277.88mg (7.94%), Magnesium: 28.89mg (7.22%), Vitamin B12: 0.4µg (6.6%), Copper: 0.13mg (6.51%), Calcium: 49.92mg (4.99%), Vitamin B2: 0.08mg (4.68%), Vitamin A: 203.48IU (4.07%), Vitamin B5: 0.37mg (3.72%), Vitamin B1: 0.05mg (3.3%), Vitamin C: 2.65mg (3.21%), Folate: 12.75µg (3.19%), Vitamin E: 0.4mg (2.67%)