



Crusted Tenderloin with Chipotle Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef broth
- ☐ 1.5 teaspoons peppercorns black
- ☐ 4 lb buffalo tenderloin fat trimmed
- ☐ 1 chipotle chili canned
- ☐ 1 tablespoon coriander seed
- ☐ 4 cloves garlic chopped
- ☐ 1 tablespoon juniper berries
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.5 lb onion thinly sliced
- ☐ 1 tablespoon oregano dried
- ☐ 1.5 tablespoons pecans chopped
- ☐ 1 tablespoon salad oil
- ☐ 12 servings salt and pepper
- ☐ 5 allspice whole

Equipment

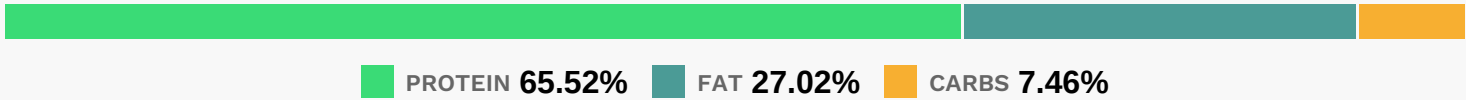
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ In a blender, finely grind juniper berries, coriander, oregano, peppercorns, kosher salt, allspice, cloves, and pecans.
- ☐ Add the garlic and whirl to form a paste.
- ☐ Rub seasoning paste all over tenderloin. Set meat on a rack in a 12- by 17-inch roasting pan. Roast in a 425 oven for 20 minutes.
- ☐ Meanwhile, rinse canned chipotle chili, discard the seeds and veins, and mince the chili.
- ☐ Mix onion slices with oil and put in roasting pan around meat (not on rack). Continue to cook until a thermometer inserted in center of the thickest part of meat registers 130 for rare, 30 to 40 minutes longer.
- ☐ Transfer roast to a platter and let rest in a warm place 10 to 15 minutes (to allow juices to settle and meat to firm slightly for neater slicing).
- ☐ Skim and discard any fat from drippings in roasting pan.
- ☐ Add minced chipotle and broth to onions in pan. Set pan over high heat and scrape browned bits free, stirring until mixture boils vigorously.

- ☐ Pour into a bowl.
- ☐ Slice meat and offer chipotle–onion sauce to spoon over portions.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:9.92, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:14.593043739381%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 209.97kcal (10.5%), Fat: 6.12g (9.42%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 2.72g (0.99%), Sugar: 0.96g (1.07%), Cholesterol: 107.35mg (35.78%), Sodium: 517.93mg (22.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.4g (66.79%), Vitamin B12: 3.51µg (58.43%), Selenium: 38.67µg (55.24%), Zinc: 5.28mg (35.2%), Phosphorus: 325.84mg (32.58%), Iron: 5mg (27.79%), Vitamin B6: 0.44mg (21.97%), Vitamin B3: 3.44mg (17.2%), Potassium: 583.17mg (16.66%), Copper: 0.27mg (13.71%), Manganese: 0.22mg (11.24%), Magnesium: 44.24mg (11.06%), Vitamin B2: 0.17mg (9.84%), Vitamin B1: 0.09mg (6.01%), Fiber: 1.09g (4.35%), Vitamin K: 4.46µg (4.25%), Calcium: 29.49mg (2.95%), Vitamin E: 0.38mg (2.56%), Vitamin C: 1.84mg (2.23%), Folate: 5.79µg (1.45%)