



HEALTH SCORE

100%

Dijon and Avocado Rubbed Beef Tenderloin Roast



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



655 kcal

SEASONING

MARINADE

Ingredients

- 1 avocado ripe cubed peeled
- 4 pound beef tenderloin trimmed
- 8 ounce dijon mustard
- 4 cloves garlic
- 1 tablespoon olive oil
- 0.3 cup steak seasoning

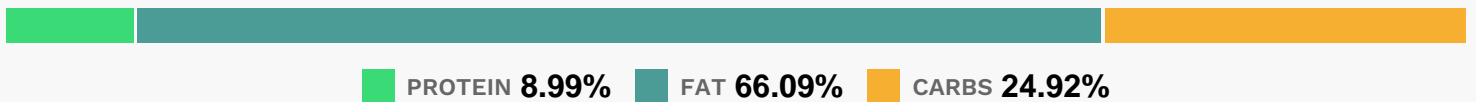
Equipment

- food processor
- frying pan
- oven
- blender
- roasting pan
- aluminum foil

Directions

- Preheat oven to 400 degrees F (200 degrees C). Line a roasting pan with a sheet of aluminum foil.
- Preheat a large skillet over high heat.
- Pour in the oil, and heat until smoking. Sear the tenderloin roast in the hot oil until browned on all sides, about 5 minutes.
- Remove to the roasting pan when done. While the roast is searing, place the garlic, mustard, avocado, and steak seasoning into a blender or food processor. Blend until smooth. Coat the seared roast all over with the avocado mixture.
- Roast in preheated oven until the tenderloin has reached your desired degree of doneness, about 40 minutes for medium.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:3.31, Inflammation Score:-10, Nutrition Score:44.617391171663%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 655.31kcal (32.77%), Fat: 52.59g (80.91%), Saturated Fat: 7.37g (46.07%), Carbohydrates: 44.62g (14.87%), Net Carbohydrates: 19.17g (6.97%), Sugar: 5.21g (5.78%), Cholesterol: 0mg (0%), Sodium: 2515.87mg (109.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.1g (32.2%), Vitamin K: 195.19µg (185.89%), Manganese: 2.63mg (131.59%), Selenium: 80.88µg (115.54%), Fiber: 25.45g (101.79%), Iron: 11.17mg (62.06%), Vitamin B6: 1.05mg (52.64%), Magnesium: 209.35mg (52.34%), Folate: 203.2µg (50.8%), Vitamin E: 7.21mg (48.07%), Potassium: 1483mg (42.37%), Vitamin B1: 0.63mg (42.23%), Phosphorus: 397.74mg (39.77%), Copper: 0.73mg (36.66%), Calcium: 363.16mg (36.32%), Vitamin B5: 3.54mg (35.44%), Vitamin C: 26.85mg (32.55%), Vitamin B2: 0.46mg (26.92%), Vitamin B3: 5.37mg (26.87%), Zinc: 3.43mg (22.84%), Vitamin A: 916.17IU (18.32%)