



HEALTH SCORE

70%

Fabulous Beef Tenderloin



Gluten Free



Very Healthy



Low Fod Map

READY IN



60 min.

SERVINGS



1

CALORIES



918 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 cup butter melted



3 pound beef tenderloin roast



0.8 cup soya sauce

Equipment



oven

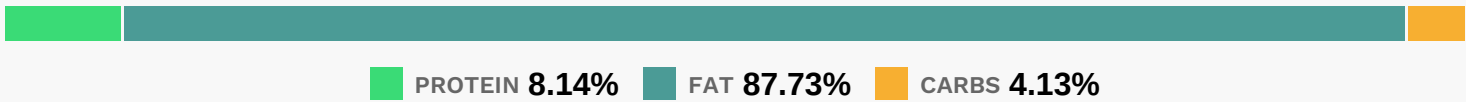


glass baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place roast into a shallow, glass baking dish.
- ☐ Pour soy sauce and melted butter over the tenderloin.
- ☐ Bake in preheated oven for 10 minutes, then turn the roast over, and continue cooking 35 to 40 minutes, basting occasionally until the internal temperature of the roast is at 140 degrees F (60 degrees C) for medium. Or, cook to your desired degree of doneness.
- ☐ Let meat rest for 10 to 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:1.28, Inflammation Score:-9, Nutrition Score:14.466521615567%

Nutrients (% of daily need)

Calories: 918.2kcal (45.91%), Fat: 92.22g (141.88%), Saturated Fat: 58.36g (364.74%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 8.37g (3.04%), Sugar: 3.03g (3.36%), Cholesterol: 244.02mg (81.34%), Sodium: 10449.44mg (454.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.25g (38.5%), Vitamin A: 2836.36IU (56.73%), Manganese: 0.87mg (43.41%), Vitamin B3: 6.92mg (34.61%), Phosphorus: 253.44mg (25.34%), Iron: 4.16mg (23.13%), Magnesium: 71.87mg (17.97%), Vitamin B2: 0.3mg (17.83%), Vitamin B6: 0.35mg (17.57%), Vitamin E: 2.63mg (17.55%), Copper: 0.23mg (11.74%), Potassium: 396.12mg (11.32%), Folate: 34.72µg (8.68%), Vitamin B5: 0.78mg (7.79%), Vitamin K: 7.95µg (7.57%), Vitamin B1: 0.11mg (7.22%), Calcium: 62.04mg (6.2%), Zinc: 0.85mg (5.67%), Fiber: 1.39g (5.57%), Selenium: 2.53µg (3.61%), Vitamin B12: 0.19µg (3.22%)