



## Fabulous Beef Tenderloin

 **Gluten Free**  **Very Healthy**  **Popular**  **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

**PROTEIN 8.14%** **FAT 87.73%** **CARBS 4.13%**

## 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: 0g (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%)