



Mustard-Tarragon Beef Tenderloin



Gluten Free



Dairy Free

READY IN



600 min.

SERVINGS



12

CALORIES



18 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons brown sugar
- ☐ 2 tablespoons ground mustard dry
- ☐ 0.3 cup tarragon fresh chopped
- ☐ 4 garlic clove grated
- ☐ 1 teaspoon kosher salt
- ☐ 2 teaspoons orange zest grated
- ☐ 2 pound frangelico trimmed
- ☐ 0.3 cup onion yellow grated

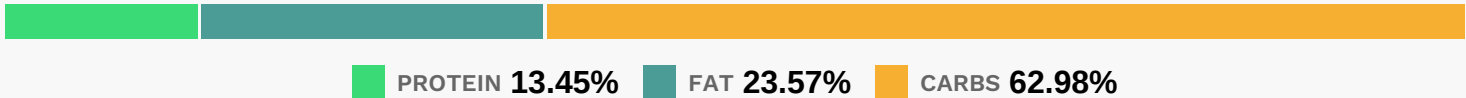
Equipment

- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Preheat oven to 47
- ☐ Combine the first 6 ingredients; massage mixture evenly onto roast.
- ☐ Place roast in a small roasting pan; bake at 475 for 20 minutes, turning after 10 minutes.
- ☐ Reduce oven temperature to 300 (do not remove roast from oven); bake an additional 30 minutes or until a thermometer registers 12
- ☐ Remove roast from oven, and place on a cutting board or work surface.
- ☐ Let rest at room temperature for 30 minutes; roll roast in chopped fresh tarragon.
- ☐ Wrap roast in parchment paper, then in plastic wrap, and refrigerate for 8 hours or overnight.
- ☐ Cut into very thin slices for hors d'oeuvres.

Nutrition Facts



Properties

Glycemic Index:10.58, Glycemic Load:0.48, Inflammation Score:-1, Nutrition Score:1.4869565387135%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 17.91kcal (0.9%), Fat: 0.51g (0.78%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.72g (0.99%), Sugar: 1.69g (1.87%), Cholesterol: 0mg (0%), Sodium: 195.33mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Manganese: 0.14mg (6.78%), Selenium: 2.66µg (3.79%), Iron: 0.49mg (2.72%), Vitamin B6: 0.05mg (2.39%), Magnesium: 8.8mg (2.2%), Vitamin C: 1.63mg (1.97%), Calcium: 19.68mg (1.97%), Phosphorus: 15.61mg (1.56%), Potassium: 52.32mg (1.49%), Folate: 5.58µg (1.39%), Fiber: 0.33g (1.34%), Vitamin B2: 0.02mg (1.15%), Vitamin B1: 0.02mg (1.07%), Copper: 0.02mg (1.01%)