



HEALTH SCORE

53%

Filet Mignon with Roasted Potatoes and Asparagus



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds asparagus spears
- ☐ 3 baking potatoes cut into 1-inch pieces (1 1/2 pounds)
- ☐ 1.3 pounds beef tenderloin
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon pepper divided
- ☐ 0.8 teaspoon salt divided
- ☐ 0.3 cup water

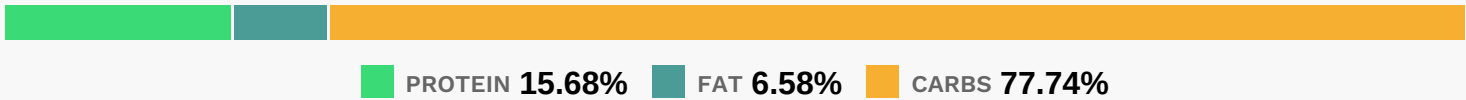
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Preheat oven to 50
- ☐ Snap off tough ends of asparagus; sprinkle with 1/4 teaspoon salt. Set aside.
- ☐ Toss potatoes with oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Arrange in a single layer in the bottom of a broiler pan coated with cooking spray.
- ☐ Bake at 500 for 10 minutes.
- ☐ Trim fat from tenderloin.
- ☐ Sprinkle tenderloin with 1/4 teaspoon salt and 1/4 teaspoon pepper. Insert meat thermometer into thickest portion of tenderloin.
- ☐ Add tenderloin to broiler pan, nestling it into potato mixture.
- ☐ Bake at 500 for 20 minutes or until thermometer registers 145 (medium-rare) to 160 (medium), stirring potatoes once.
- ☐ Place tenderloin and potatoes on a serving platter; cover with foil.
- ☐ Let stand 10 minutes.
- ☐ Add asparagus and water to pan.
- ☐ Bake at 500 for 10 minutes or until asparagus is crisp-tender.
- ☐ Serve with tenderloin and potatoes.

Nutrition Facts



Properties

Glycemic Index:37.19, Glycemic Load:23.7, Inflammation Score:-8, Nutrition Score:19.645217335742%

Flavonoids

Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg, Quercetin: 23.78mg

Nutrients (% of daily need)

Calories: 169.69kcal (8.48%), Fat: 1.34g (2.06%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 29.91g (10.88%), Sugar: 4.19g (4.66%), Cholesterol: 0mg (0%), Sodium: 448.23mg (19.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.37%), Vitamin K: 74.65µg (71.09%), Vitamin B6: 0.71mg (35.33%), Potassium: 1013.18mg (28.95%), Iron: 5.05mg (28.04%), Folate: 110.86µg (27.71%), Manganese: 0.55mg (27.63%), Vitamin A: 1288.9IU (25.78%), Vitamin B1: 0.37mg (24.97%), Copper: 0.49mg (24.6%), Fiber: 5.71g (22.85%), Vitamin C: 18.63mg (22.58%), Phosphorus: 176.71mg (17.67%), Vitamin B2: 0.29mg (17.24%), Vitamin B3: 3.32mg (16.6%), Magnesium: 61.14mg (15.29%), Vitamin E: 2.08mg (13.9%), Vitamin B5: 0.95mg (9.5%), Zinc: 1.39mg (9.25%), Selenium: 4.56µg (6.52%), Calcium: 63.42mg (6.34%)