



Garlic-and-Rosemary Beef Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



32 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pound beef tenderloin trimmed
- ☐ 4 teaspoons rosemary dried
- ☐ 8 garlic cloves minced
- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon pepper
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 cup soya sauce

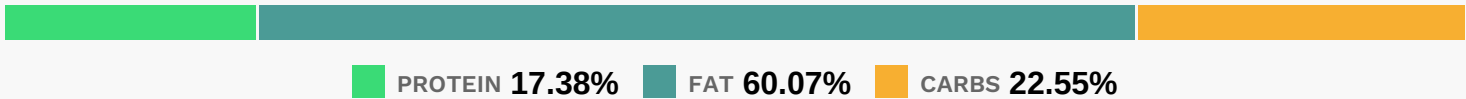
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in a large shallow dish or heavy-duty zip-top plastic bag; add beef. Cover or seal, and chill at least 8 hours, turning occasionally.
- ☐ Remove beef from marinade, discarding marinade.
- ☐ Place in a roasting pan; sprinkle evenly with pepper, and let stand 30 minutes.
- ☐ Bake at 500 for 15 minutes or until lightly browned. Lower temperature to 375; bake 20 more minutes or to desired degree of doneness.
- ☐ Let tenderloin stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:14.7, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:1.5330434661845%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 32.4kcal (1.62%), Fat: 2.21g (3.4%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.55g (0.57%), Sugar: 0.22g (0.25%), Cholesterol: 0mg (0%), Sodium: 649.05mg (28.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Manganese: 0.18mg (8.9%), Vitamin B6: 0.06mg (2.77%), Vitamin B3: 0.48mg (2.41%), Iron: 0.43mg (2.37%), Vitamin K: 2.32µg (2.21%), Vitamin E: 0.32mg (2.13%), Phosphorus: 20.21mg (2.02%), Magnesium: 6.59mg (1.65%), Copper: 0.03mg (1.58%), Potassium: 44.92mg (1.28%), Vitamin B2: 0.02mg (1.27%), Fiber: 0.31g (1.25%), Calcium: 10.21mg (1.02%)