



## Glazed Beef Tenderloin with Herbed New Potatoes

 Gluten Free  Dairy Free  Low Fod Map

READY IN



90 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup steak sauce
- 1.5 tablespoons brown sugar packed
- 16 oz beef tenderloin steaks
- 1 lb baby potatoes
- 2 tablespoons water
- 1 serving pam original flavor shopping list
- 1 teaspoon rosemary dried fresh crumbled chopped

- 1 teaspoon thyme leaves dried fresh chopped
- 0.3 teaspoon paprika
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

## Equipment

- grill
- aluminum foil
- microwave

## Directions

- In shallow glass or plastic dish, mix steak sauce and brown sugar; reserve 2 tablespoons sauce.
- Add beef to remaining sauce (about 1/4 cup); turn to coat. Cover and refrigerate, turning beef 2 or 3 times, at least 1 hour but no longer than 24 hours.
- Heat gas or charcoal grill.
- In 2-quart microwavable casserole, place potatoes and water; cover. Microwave on High 3 to 5 minutes or until potatoes are just tender.
- Place potatoes on sheet of heavy-duty foil. Spray potatoes with cooking spray; sprinkle with rosemary, thyme and paprika. Wrap securely in foil.
- When grill is heated, place beef and packet of potatoes on gas grill over medium heat or on charcoal grill over medium coals; cover grill. Cook 7 minutes. Turn beef and potatoes; brush reserved sauce over beef. Cover and grill about 6 to 8 minutes longer for medium beef doneness; remove from heat.
- Sprinkle salt and pepper over potatoes.

## Nutrition Facts



**PROTEIN 38.34%** **FAT 21.63%** **CARBS 40.03%**

## Properties

Glycemic Index:61.44, Glycemic Load:14.55, Inflammation Score:-7, Nutrition Score:17.944347837697%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 292.38kcal (14.62%), Fat: 6.92g (10.65%), Saturated Fat: 2.53g (15.78%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 25.9g (9.42%), Sugar: 7.19g (7.99%), Cholesterol: 72.57mg (24.19%), Sodium: 686.18mg (29.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.62g (55.23%), Vitamin B6: 1.07mg (53.38%), Selenium: 35.15µg (50.22%), Vitamin B3: 8.67mg (43.35%), Zinc: 4.92mg (32.78%), Phosphorus: 309.45mg (30.94%), Vitamin C: 24.49mg (29.69%), Potassium: 954.04mg (27.26%), Vitamin B12: 1.05µg (17.58%), Iron: 3.14mg (17.42%), Magnesium: 57.29mg (14.32%), Copper: 0.25mg (12.74%), Manganese: 0.25mg (12.54%), Vitamin B1: 0.18mg (12.15%), Fiber: 2.95g (11.78%), Vitamin B2: 0.18mg (10.88%), Vitamin B5: 1.08mg (10.83%), Folate: 34.89µg (8.72%), Calcium: 49.62mg (4.96%), Vitamin E: 0.63mg (4.19%), Vitamin K: 4.25µg (4.05%), Vitamin A: 147.07IU (2.94%)