



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

- 16 oz beef tenderloin steaks
- 1.5 tablespoons brown sugar packed
- 1 lb baby potatoes
- 0.3 teaspoon paprika
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 0.3 cup steak sauce

2 tablespoons water

Equipment

grill

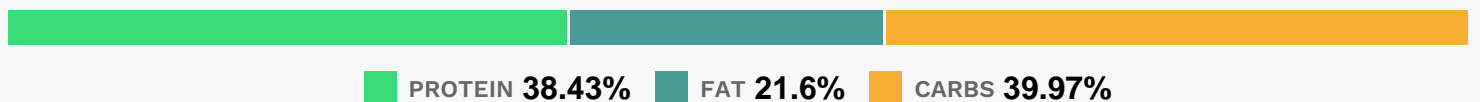
aluminum foil

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



Properties

Glycemic Index:32.69, Glycemic Load:14.52, Inflammation Score:-4, Nutrition Score:17.770869638609%

Flavonoids

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: 291.6kcal (14.58%), Fat: 6.89g (10.6%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 25.83g (9.39%), Sugar: 7.19g (7.99%), Cholesterol: 72.57mg (24.19%), Sodium: 686.1mg (29.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.59g (55.18%), Vitamin B6: 1.07mg (53.27%), Selenium: 35.15µg (50.22%), Vitamin B3: 8.66mg (43.3%), Zinc: 4.91mg (32.72%), Phosphorus: 308.9mg (30.89%), Vitamin C: 23.68mg (28.7%), Potassium: 950.75mg (27.16%), Vitamin B12: 1.05µg (17.58%), Iron: 3.04mg (16.9%), Magnesium: 56.43mg (14.11%), Copper: 0.25mg (12.6%), Vitamin B1: 0.18mg (12.12%), Manganese: 0.24mg (12.09%), Fiber: 2.87g (11.46%), Vitamin B5: 1.08mg (10.81%), Vitamin B2: 0.18mg (10.73%), Folate: 34.59µg (8.65%), Calcium: 47.27mg (4.73%), Vitamin E: 0.63mg (4.19%), Vitamin K: 4.25µg (4.05%), Vitamin A: 122.54IU (2.45%)