



Grilled Beef Tenderloin with Horseradish-Walnut Sauce



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks (3/)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 4 garlic clove minced
- ☐ 4 servings horseradish
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon salt

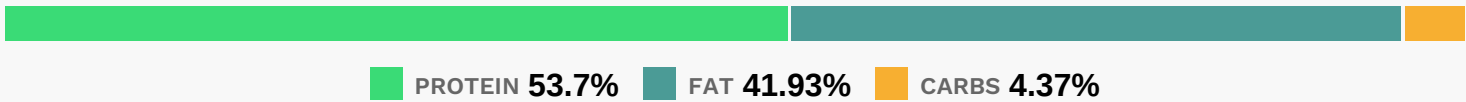
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine first 5 ingredients in a small bowl; rub herb mixture over steaks.
- ☐ Place steaks on a grill rack coated with cooking spray. Grill 3 minutes on each side or until desired degree of doneness.
- ☐ Serve with Horseradish-Walnut Sauce.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.52, Inflammation Score:-9, Nutrition Score:12.573913123297%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 194.46kcal (9.72%), Fat: 8.81g (13.55%), Saturated Fat: 2.78g (17.36%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.43g (0.48%), Cholesterol: 72.57mg (24.19%), Sodium: 374.79mg (16.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.38g (50.75%), Selenium: 35.16µg (50.23%), Vitamin B6: 0.75mg (37.63%), Vitamin B3: 7.34mg (36.7%), Zinc: 4.61mg (30.75%), Phosphorus: 245.19mg (24.52%), Vitamin B12: 1.05µg (17.58%), Potassium: 438.16mg (12.52%), Iron: 2.22mg (12.32%), Vitamin B2: 0.15mg (8.63%), Magnesium: 31.2mg (7.8%), Vitamin B5: 0.77mg (7.66%), Vitamin B1: 0.09mg (6.09%), Vitamin C: 4.98mg (6.04%), Manganese: 0.12mg (5.79%), Copper: 0.11mg (5.48%), Folate: 18.49µg (4.62%), Vitamin E: 0.64mg (4.29%), Calcium: 41.02mg (4.1%), Vitamin K: 2.89µg (2.75%), Fiber: 0.5g (2.02%), Vitamin A: 84.2IU (1.68%)