



Grilled Beef Tenderloin with Pebre Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



67 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pound beef tenderloin trimmed
- ☐ 1.5 tablespoons brown sugar
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 teaspoon garlic powder
- ☐ 12 servings pebre sauce
- ☐ 0.5 cup soya sauce
- ☐ 0.3 cup vegetable oil

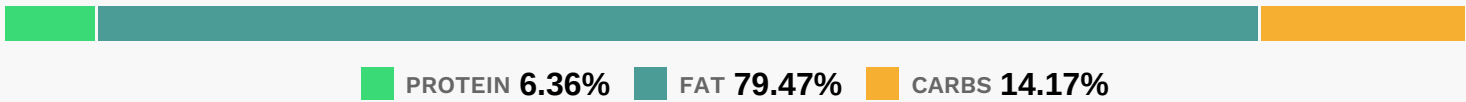
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Stir together first 5 ingredients in a bowl.
- ☐ Place tenderloin in a shallow dish.
- ☐ Pour marinade over tenderloin; cover and marinate in refrigerator 8 hours, turning occasionally.
- ☐ Remove meat from marinade, discarding marinade.
- ☐ Place tenderloin on a rack in a shallow roasting pan.
- ☐ Bake at 400 for 45 to 60 minutes or until meat thermometer inserted in thickest part registers 145 (medium-rare) or 160 (medium).
- ☐ Let stand 10 minutes before slicing.
- ☐ Serve with Pebre Sauce.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.3052173839153%

Nutrients (% of daily need)

Calories: 67.43kcal (3.37%), Fat: 6.11g (9.4%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.31g (0.84%), Sugar: 1.87g (2.08%), Cholesterol: 0mg (0%), Sodium: 566.22mg (24.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin K: 11.16µg (10.62%), Vitamin E: 0.5mg (3.34%), Manganese: 0.06mg (2.78%), Vitamin B3: 0.39mg (1.96%), Iron: 0.27mg (1.49%), Phosphorus: 14.49mg (1.45%), Magnesium: 4.7mg (1.17%), Vitamin B6: 0.02mg (1.14%)