



Grilled Beef Tenderloin with Roasted Garlic Sauce and Leek-Tomato Quinoa

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



142 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pound beef tenderloin trimmed
- ☐ 4 servings chives fresh chopped
- ☐ 2 large heads garlic trimmed to expose cloves
- ☐ 4 servings leek-tomato quinoa
- ☐ 0.5 cup low-salt chicken broth ()
- ☐ 2 tablespoons olive oil
- ☐ 2 cups milk whole

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ grill
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350°F.
- ☐ Combine milk and garlic in small saucepan. Simmer, uncovered, over medium heat 10 minutes.
- ☐ Drain; discard milk.
- ☐ Place garlic heads, cut side up, in small ovenproof dish.
- ☐ Pour 1/2 cup oil over. Cover dish tightly with foil.
- ☐ Bake until garlic is soft, about 55 minutes.
- ☐ Remove garlic from oil; cool.
- ☐ Pour oil from dish into measuring cup; add more oil if necessary to measure 1/2 cup total. Squeeze out garlic from peel into blender.
- ☐ Add 1/2 cup broth and garlic oil; puree until smooth, thinning with more broth if desired. Season with salt and pepper. (Can be made 1 day ahead. Cover; chill. Rewarm over medium-low heat and thin with more broth, if desired, before serving.)
- ☐ Prepare barbecue (medium heat). Rub beef all over with oil.
- ☐ Sprinkle with salt and pepper. Grill beef to desired doneness, turning often, about 22 minutes for medium-rare.
- ☐ Remove from grill and let stand 5 minutes.
- ☐ Cut beef crosswise into 1/3-inch-thick slices.
- ☐ Spoon Leek-Tomato Quinoa onto 4 plates. Top with beef, sauce, and chives.

Nutrition Facts



 PROTEIN **12.85%**  FAT **69.08%**  CARBS **18.07%**

Properties

Glycemic Index:28.75, Glycemic Load:2.21, Inflammation Score:-3, Nutrition Score:5.8191304543744%

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 Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 142.08kcal (7.1%), Fat: 11.16g (17.16%), Saturated Fat: 3.31g (20.69%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 6.35g (2.31%), Sugar: 5.98g (6.64%), Cholesterol: 14.64mg (4.88%), Sodium: 56.97mg (2.48%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.67g (9.34%), Manganese: 0.31mg (15.7%), Calcium: 155.98mg (15.6%), Phosphorus: 133.52mg (13.35%), Vitamin B12: 0.69µg (11.47%), Vitamin B2: 0.18mg (10.57%), Vitamin D: 1.34µg (8.95%), Vitamin K: 7.89µg (7.51%), Vitamin E: 1.12mg (7.5%), Potassium: 218.3mg (6.24%), Vitamin A: 258.64IU (5.17%), Vitamin B1: 0.07mg (4.7%), Vitamin B5: 0.46mg (4.62%), Magnesium: 16.93mg (4.23%), Vitamin B6: 0.08mg (4.15%), Zinc: 0.55mg (3.65%), Selenium: 2.37µg (3.39%), Vitamin B3: 0.55mg (2.75%), Iron: 0.2mg (1.1%), Copper: 0.02mg (1.04%)