



 **46%**
HEALTH SCORE

Grilled Tenderloin with Warm Vegetable Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce beef tenderloin steaks trimmed ()
- 0.5 teaspoon pepper black divided
- 2 teaspoons bottled garlic minced
- 2 spring onion
- 1 tablespoon basil pesto
- 2 plum tomatoes halved lengthwise
- 2 tablespoons red wine vinegar
- 0.5 teaspoon salt divided

- 2 small to 3 sized squashes yellow halved lengthwise
- 2 small zucchini halved lengthwise

Equipment

- bowl
- grill
- broiler
- ziploc bags
- broiler pan

Directions

- Prepare grill or broiler.
- Sprinkle steaks with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Combine 1/4 teaspoon salt, 1/4 teaspoon pepper, zucchini, and next 5 ingredients (zucchini through garlic) in a large zip-top plastic bag. Seal and shake to coat.
- Place the tenderloin steaks on grill rack or broiler pan coated with cooking spray; cook for 4 minutes on each side or until desired degree of doneness.
- Place the zucchini and yellow squash on grill rack or broiler pan coated with cooking spray; cook 3 minutes on each side or until tender.
- Place the tomato and onions on grill rack or broiler pan; cook 2 minutes or just until tender.
- Coarsely chop the vegetables, and place in a bowl.
- Add pesto; stir gently.
- Serve with steaks.
- Garnish with oregano, if desired.

Nutrition Facts

PROTEIN 51.23% **FAT 36.03%** **CARBS 12.74%**

Properties

Glycemic Index:44.75, Glycemic Load:1.28, Inflammation Score:-7, Nutrition Score:18.792608592821%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 215.09kcal (10.75%), Fat: 8.5g (13.08%), Saturated Fat: 2.82g (17.6%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 4.82g (1.75%), Sugar: 3.87g (4.31%), Cholesterol: 72.87mg (24.29%), Sodium: 397.6mg (17.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.19g (54.39%), Selenium: 35.23µg (50.32%), Vitamin B6: 0.99mg (49.52%), Vitamin B3: 8.06mg (40.28%), Zinc: 4.97mg (33.15%), Vitamin C: 26.78mg (32.46%), Phosphorus: 296.32mg (29.63%), Potassium: 816.36mg (23.32%), Vitamin K: 20.99µg (19.99%), Vitamin B12: 1.05µg (17.58%), Manganese: 0.34mg (17.15%), Vitamin B2: 0.29mg (16.88%), Iron: 2.54mg (14.09%), Folate: 54.62µg (13.65%), Magnesium: 52.7mg (13.18%), Vitamin A: 631.24IU (12.62%), Vitamin B1: 0.16mg (10.59%), Vitamin B5: 1mg (9.97%), Copper: 0.18mg (9.13%), Fiber: 1.94g (7.77%), Calcium: 62.96mg (6.3%), Vitamin E: 0.7mg (4.65%)