



Herb and Garlic-Crusted Beef Tenderloin with Red and Yellow Pepper Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



110 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 pound frangelico thick trimmed (end)
- ☐ 6 tablespoons dijon mustard
- ☐ 2.5 tablespoons rosemary leaves fresh minced
- ☐ 2.5 tablespoons thyme sprigs fresh minced
- ☐ 6 garlic clove minced
- ☐ 8 tablespoons olive oil
- ☐ 10 servings bell pepper red yellow

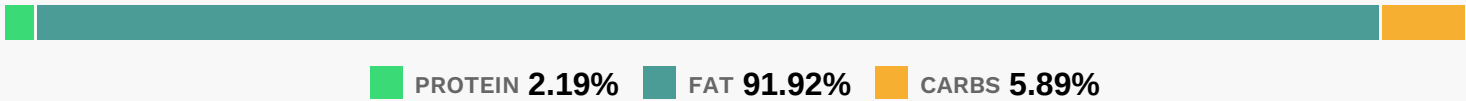
Equipment

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

Directions

- ☐ Preheat oven to 375 °F. Rub 1 tablespoon oil over each beef piece.
- ☐ Sprinkle with salt and pepper.
- ☐ Heat 2 large nonstick skillet over high heat.
- ☐ Add 1 beef piece to each; brown on all sides, about 5 minutes.
- ☐ Place beef pieces in large roasting pan.
- ☐ Mix 6 tablespoons oil, garlic, 2 tablespoons thyme and 2 tablespoons rosemary in small bowl. Coat top and sides of beef pieces with mustard, then with herb mixture. Roast until meat thermometer inserted into center of beef registers 125 °F for medium-rare, about 45 minutes.
- ☐ Transfer to platter.
- ☐ Let stand 10 minutes.
- ☐ Cut beef into 1/2-inch-thick slices.
- ☐ Sprinkle with remaining 1/2 tablespoon each of thyme and rosemary and serve with pepper relish.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:0.28, Inflammation Score:-9, Nutrition Score:2.4634782542353%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg

0.83mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 109.87kcal (5.49%), Fat: 11.57g (17.81%), Saturated Fat: 1.59g (9.95%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.15g (0.16%), Cholesterol: 0mg (0%), Sodium: 99.84mg (4.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin E: 1.65mg (10.97%), Vitamin K: 6.91µg (6.58%), Vitamin C: 5.34mg (6.48%), Manganese: 0.1mg (5.18%), Selenium: 3.32µg (4.74%), Iron: 0.58mg (3.22%), Fiber: 0.75g (3%), Vitamin A: 106.31IU (2.13%), Magnesium: 8.15mg (2.04%), Vitamin B6: 0.04mg (1.9%), Calcium: 17.82mg (1.78%), Phosphorus: 14.9mg (1.49%), Vitamin B1: 0.02mg (1.46%), Copper: 0.02mg (1.22%), Potassium: 36.95mg (1.06%), Vitamin B2: 0.02mg (1.01%)