



Herb-and-Potato Chip-Crusted Beef Tenderloin

 Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf crushed
- ☐ 4 lb beef tenderloin trimmed
- ☐ 1 tablespoon dijon mustard
- ☐ 1 egg white lightly beaten
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 3 garlic cloves pressed
- ☐ 2 teaspoons coarsely ground pepper divided

- ☐ 3 teaspoons kosher salt divided
- ☐ 3 tablespoons olive oil divided
- ☐ 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1.3 cups kettle-cooked potato chips plain crushed
- ☐ 8 servings garnish: sage fresh

Equipment

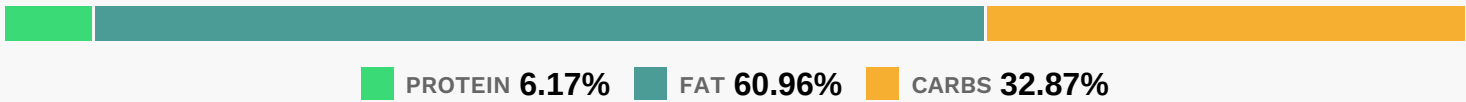
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400.
- ☐ Sprinkle tenderloin with 2 tsp. salt.
- ☐ Let stand 30 to 45 minutes.
- ☐ Meanwhile, saut panko, garlic, 1 tsp. pepper, and remaining 1 tsp. salt in 1 Tbsp. hot oil in a skillet over medium heat 2 to 3 minutes or until deep golden brown.
- ☐ Let cool completely (about 10 minutes). Stir in potato chips and next 4 ingredients.
- ☐ Pat tenderloin dry with paper towels, and sprinkle with remaining 1 tsp. pepper. Brown beef in remaining 2 Tbsp. hot oil in a roasting pan over medium-high heat until browned on all sides (about 2 to 3 minutes per side).
- ☐ Transfer tenderloin to a wire rack in an aluminum foil-lined jelly-roll pan.
- ☐ Let stand 10 minutes.
- ☐ Spread mustard over tenderloin. Press panko mixture onto top and sides.
- ☐ Bake at 400 for 40 to 45 minutes or until coating is crisp and a meat thermometer inserted into thickest portion registers 130 (rare).

- ☐ Let stand 10 minutes.
- ☐ Garnish, if desired.
- ☐ Note: For medium-rare, cook tenderloin to 135; for medium, cook to 150.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:0.23, Inflammation Score:-7, Nutrition Score:6.4269565862158%

Flavonoids

Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 146.97kcal (7.35%), Fat: 10.19g (15.67%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 11.28g (4.1%), Sugar: 0.48g (0.53%), Cholesterol: 0mg (0%), Sodium: 1011.6mg (43.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Vitamin K: 38.08µg (36.27%), Vitamin E: 2.17mg (14.46%), Manganese: 0.26mg (12.8%), Copper: 0.19mg (9.45%), Vitamin C: 7.13mg (8.64%), Vitamin B5: 0.65mg (6.46%), Vitamin B1: 0.09mg (6.09%), Potassium: 206.67mg (5.9%), Vitamin B3: 1.07mg (5.37%), Vitamin B6: 0.1mg (4.96%), Iron: 0.86mg (4.77%), Selenium: 3.33µg (4.75%), Fiber: 1.09g (4.34%), Vitamin A: 204.46IU (4.09%), Magnesium: 15.68mg (3.92%), Phosphorus: 36.74mg (3.67%), Vitamin B2: 0.06mg (3.54%), Folate: 13.54µg (3.38%), Calcium: 25.87mg (2.59%), Zinc: 0.3mg (1.99%)