



## Herb Crusted Beef Tenderloin

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



27 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2.5 lb frangelico trimmed of fat
- ☐ 5 teaspoons dijon mustard
- ☐ 0.5 cup panko bread crumbs crispy
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 1 tablespoon coarse salt (kosher or sea)
- ☐ 1 tablespoon pepper freshly ground

- ☐ 10 cloves garlic finely chopped
- ☐ 1 sprigs rosemary leaves fresh

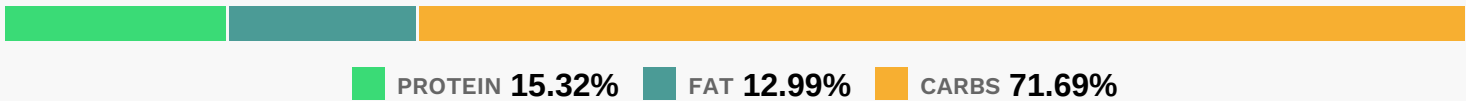
## Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

## Directions

- ☐ Heat oven to 500°F. Turn small end of beef under about 6 inches. Tie turned-under portion of beef with kitchen string at about 1 1/2-inch intervals.
- ☐ Place beef in shallow roasting pan.
- ☐ Brush with mustard. In small bowl, mix bread crumbs and remaining ingredients. Pat bread crumb mixture onto mustard-coated beef, pressing gently. Insert ovenproof meat thermometer so tip is in thickest part of beef.
- ☐ Bake uncovered 10 minutes. Reduce oven temperature to 350°F.
- ☐ Bake 30 minutes longer or until thermometer reads 135°F or 150°F. Cover loosely with foil; let stand 20 minutes or until thermometer reads 145°F (medium-rare) or 160°F (medium).
- ☐ Remove string from beef before carving.
- ☐ Garnish with rosemary sprigs.

## Nutrition Facts



## Properties

Glycemic Index:21.38, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:4.1439130215541%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 27.3kcal (1.37%), Fat: 0.42g (0.65%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 4.29g (1.56%), Sugar: 0.34g (0.37%), Cholesterol: 0mg (0%), Sodium: 936.01mg (40.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin K: 32.34µg (30.8%), Manganese: 0.25mg (12.3%), Vitamin C: 6.59mg (7.99%), Vitamin A: 262.74IU (5.25%), Iron: 0.83mg (4.61%), Fiber: 0.95g (3.8%), Selenium: 2.58µg (3.69%), Vitamin B1: 0.05mg (3.54%), Vitamin B6: 0.06mg (3.24%), Calcium: 30.78mg (3.08%), Copper: 0.05mg (2.39%), Magnesium: 9.56mg (2.39%), Folate: 8.67µg (2.17%), Phosphorus: 19.77mg (1.98%), Vitamin B2: 0.03mg (1.97%), Vitamin B3: 0.36mg (1.81%), Potassium: 61.69mg (1.76%), Zinc: 0.19mg (1.24%)