



Herb Roasted Beef Tenderloin

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



85 min.

SERVINGS



6

CALORIES



20 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 lb frangelico
- 0.3 teaspoon coarse salt (kosher or sea)
- 0.5 teaspoon pepper black
- 0.5 teaspoon marjoram dried
- 1 tablespoon vegetable oil

Equipment

- oven
- roasting pan

- kitchen thermometer
- aluminum foil
- kitchen twine

Directions

- Heat oven to 425°F. Turn small end of beef under about 6 inches. Tie beef with kitchen string at about 1 1/2-inch intervals.
- Place in shallow roasting pan.
- Brush with oil.
- Sprinkle with pepper, marjoram and salt. Insert ovenproof meat thermometer so tip is in thickest part of beef.
- For medium-rare, roast 35 to 40 minutes or until thermometer reads 135°F. (Temperature will continue to rise about 10°F, and beef will be easier to carve.) Cover beef loosely with foil; let stand 15 to 20 minutes until thermometer reads 145°F. For medium, roast uncovered 45 to 50 minutes or until thermometer reads 150°F. Cover beef loosely with foil; let stand 10 to 15 minutes until thermometer reads 160°F.
- Remove string from beef before carving.

Nutrition Facts

 **PROTEIN 0.35%**  **FAT 97.52%**  **CARBS 2.13%**

Properties

Glycemic Index:5.33, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.32695653192375%

Nutrients (% of daily need)

Calories: 20.48kcal (1.02%), Fat: 2.27g (3.5%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 0.11g (0.04%), Net Carbohydrates: 0.07g (0.02%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 96.93mg (4.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%), Vitamin K: 4.49µg (4.28%), Vitamin E: 0.19mg (1.25%), Manganese: 0.02mg (1.1%)