



Holiday Beef Tenderloin

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



66 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 pound beef tenderloin trimmed
- 1.5 teaspoons garlic powder
- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground nutmeg
- 1 teaspoon ground pepper red
- 0.3 cup olive oil
- 1.5 teaspoons onion powder
- 1.5 teaspoons pepper

- 1 sprigs garnishes: rosemary sage sprigs fresh
- 1 tablespoon salt

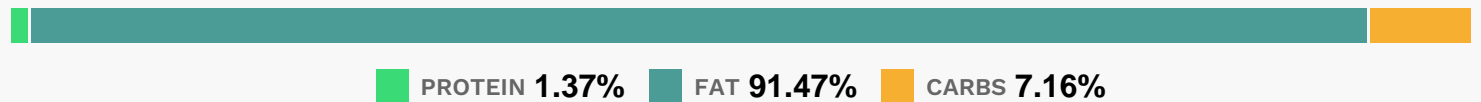
Equipment

- oven
- roasting pan

Directions

- Combine first 7 ingredients.
- Rub tenderloin with oil; coat with spice mixture.
- Place in a roasting pan; cover and chill 8 hours.
- Bake at 500 15 minutes or until browned. Lower temperature to 375; bake for 20 more minutes or until desired degree of doneness.
- Let stand 10 minutes. Slice; serve with horseradish mayonnaise.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:1.5069565173724%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 65.75kcal (3.29%), Fat: 6.89g (10.6%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 873.18mg (37.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.47%), Copper: 0.17mg (8.4%), Vitamin E: 1.06mg (7.06%), Vitamin K: 4.9µg (4.67%), Manganese: 0.08mg (3.91%), Vitamin A: 107.79IU (2.16%), Iron: 0.24mg (1.33%), Fiber: 0.31g (1.25%)