



Honey-Soy Beef Fillet With Sesame Potatoes

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce beef tenderloin fillets
- 1 clove garlic minced
- 3 tablespoons honey
- 1.5 pounds new potatoes halved
- 3 tablespoons rice wine
- 1.5 teaspoons salt
- 2 teaspoons sesame oil
- 2 tablespoons sesame seed

- 1 pound snow peas steamed
- 0.3 cup soya sauce
- 4 tablespoons vegetable oil

Equipment

- frying pan
- baking paper
- oven
- pot
- baking pan
- roasting pan
- aluminum foil

Directions

- Preheat oven to 400 F.
- Combine the soy sauce, rice wine, honey, 1 teaspoon of the sesame oil, and the garlic in a shallow dish.
- Place the fillets in the dish and turn to coat. Marinate for 30 minutes in the refrigerator.
- Place the potatoes in a pot of cold water. Bring to a boil and cook until tender, about 15 minutes; drain. Toss the potatoes with the sesame seeds, salt, 3 tablespoons of the vegetable oil, and the remaining sesame oil.
- Transfer to a roasting pan lined with aluminum foil or parchment paper. Roast for 25 minutes.
- Heat the remaining vegetable oil in a nonstick skillet over medium-high heat.
- Let the excess marinade drip from the fillets and saut them for 1 to 2 minutes per side or until browned.
- Transfer to a baking pan and roast 3 to 4 minutes for medium rare. Meanwhile, add the remaining marinade to the skillet. Boil and cook for 1 minute.
- Serve over the fillets with the potatoes and snow peas.

Nutrition Facts



■ PROTEIN 8.71% ■ FAT 39.18% ■ CARBS 52.11%

Properties

Glycemic Index:54.01, Glycemic Load:28.86, Inflammation Score:-9, Nutrition Score:22.740869480631%

Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 412.2kcal (20.61%), Fat: 17.98g (27.67%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 53.81g (17.94%), Net Carbohydrates: 46.49g (16.9%), Sugar: 19.06g (21.18%), Cholesterol: 0mg (0%), Sodium: 1698.19mg (73.83%), Alcohol: 1.81g (100%), Alcohol %: 0.42% (100%), Protein: 9g (17.99%), Vitamin C: 101.86mg (123.47%), Vitamin K: 56.88µg (54.17%), Vitamin B6: 0.76mg (37.85%), Manganese: 0.74mg (36.75%), Fiber: 7.33g (29.3%), Potassium: 1006.56mg (28.76%), Iron: 4.71mg (26.18%), Vitamin A: 1236.47IU (24.73%), Copper: 0.47mg (23.29%), Vitamin B1: 0.35mg (23.19%), Magnesium: 87.38mg (21.84%), Folate: 81.67µg (20.42%), Phosphorus: 203.52mg (20.35%), Vitamin B3: 3.25mg (16.26%), Vitamin B5: 1.43mg (14.26%), Calcium: 114.48mg (11.45%), Vitamin B2: 0.18mg (10.82%), Vitamin E: 1.61mg (10.74%), Zinc: 1.22mg (8.13%), Selenium: 3.19µg (4.55%)