



## Louise's Herbed Beef Tenderloin

 **Gluten Free**  **Dairy Free**

READY IN



**50 min.**

SERVINGS



**12**

CALORIES



**7 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 pound beef tenderloin
- 2 teaspoons basil dried
- 1.5 teaspoons rosemary dried crushed
- 2 cloves garlic minced
- 12 servings ground pepper fresh black to taste
- 2 teaspoons olive oil
- 1 teaspoon sea salt




### Equipment

- bowl
- oven
- kitchen thermometer
- kitchen twine

## Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Tie tenderloin at 2-inch intervals with kitchen string.
- Combine oil and garlic in a bowl; brush over meat.
- Mix basil, rosemary, sea salt, and black pepper together in a bowl; sprinkle evenly over the meat.
- Roast beef tenderloin in preheated oven until beginning to firm and is hot and slightly pink in the center, 40 to 50 minutes. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C).

## Nutrition Facts

 **PROTEIN 4.2%**  **FAT 79.38%**  **CARBS 16.42%**

## Properties

Glycemic Index:11, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.45347825891298%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 7.32kcal (0.37%), Fat: 0.68g (1.05%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 194.04mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Vitamin K: 3.43µg (3.27%), Manganese: 0.04mg (1.91%)