



## Marinated Beef Tenderloin



Gluten Free



Dairy Free

READY IN



51 min.

SERVINGS



12

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 5 pound beef tenderloin trimmed
- ☐ 1 garlic clove minced
- ☐ 12 servings horseradish
- ☐ 32 ounce 2 (16-ounce) bottles zesty italian dressing italian
- ☐ 0.5 teaspoon lemon pepper
- ☐ 12 servings lettuce leaves
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup burgundy dry red

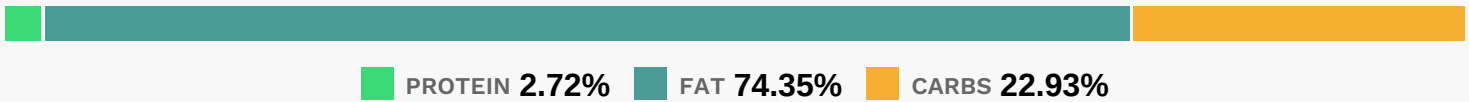
# Equipment

- ☐ roasting pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

# Directions

- ☐ Stir together first 5 ingredients, and pour into a large shallow dish or heavy-duty zip-top plastic bag; add tenderloin. Cover or seal, and chill 8 hours, turning meat occasionally.
- ☐ Remove tenderloin from marinade, discarding marinade.
- ☐ Grill, covered with grill lid, over high heat (400 to 500
- ☐ minutes, turning occasionally. Reduce temperature to medium-low heat (less than 300); grill, covered with grill lid, 12 minutes or until a meat thermometer inserted into thickest portion registers 145 (medium-rare) to 160 (medium).
- ☐ Let stand 15 minutes before slicing.
- ☐ Place tenderloin on a tray lined with lettuce.
- ☐ Serve with Horseradish Sauce.
- ☐ Note: Tenderloin may be placed on a rack in a shallow roasting pan and baked at 450 for 30 to 40 minutes or until a meat thermometer inserted into thickest portion registers 145 (medium-rare) to 160 (medium).

# Nutrition Facts



# Properties

Glycemic Index:9.33, Glycemic Load:0.22, Inflammation Score:-8, Nutrition Score:6.122608627962%

# Flavonoids

Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 1.75mg, Malvidin: 1.75mg, Malvidin: 1.75mg, Malvidin: 1.75mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.51mg, Catechin: 0.51mg

Catechin: 0.51mg, Catechin: 0.51mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 197.42kcal (9.87%), Fat: 16g (24.61%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 10.62g (3.86%), Sugar: 8.92g (9.91%), Cholesterol: 0mg (0%), Sodium: 1138.46mg (49.5%), Alcohol: 0.7g (100%), Alcohol %: 0.29% (100%), Protein: 1.32g (2.63%), Vitamin K: 42.54µg (40.52%), Vitamin A: 1804.75IU (36.1%), Vitamin E: 1.73mg (11.53%), Manganese: 0.15mg (7.44%), Vitamin C: 5.95mg (7.21%), Vitamin B6: 0.09mg (4.61%), Potassium: 138.14mg (3.95%), Iron: 0.6mg (3.33%), Folate: 13.15µg (3.29%), Vitamin B1: 0.04mg (2.93%), Phosphorus: 28.74mg (2.87%), Magnesium: 11.03mg (2.76%), Selenium: 1.89µg (2.7%), Vitamin B3: 0.47mg (2.36%), Calcium: 23.38mg (2.34%), Vitamin B2: 0.04mg (2.08%), Fiber: 0.48g (1.93%), Copper: 0.03mg (1.39%), Zinc: 0.17mg (1.16%)