



Marinated Pepper-Crusted Beef Tenderloin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



64 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 5 pound beef tenderloin trimmed
- ☐ 1 teaspoon thyme leaves dried
- ☐ 4 cloves garlic crushed
- ☐ 2 tablespoons coarsely ground pepper
- ☐ 0.5 teaspoon hot sauce
- ☐ 0.5 cup olive oil
- ☐ 1.5 teaspoons pepper freshly ground

- ☐ 1 cup port
- ☐ 1 cup soya sauce

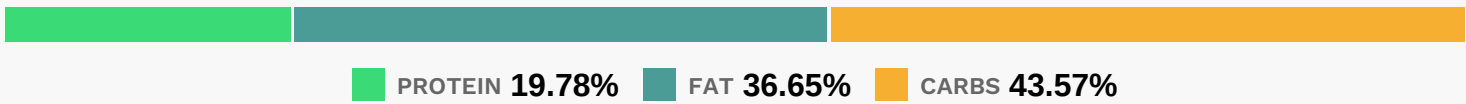
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine port through bay leaf in a shallow dish or a large heavy-duty zip-top plastic bag.
- ☐ Place tenderloin in marinade. Cover or seal, turning to coat. Chill 8 hours, turning occasionally.
- ☐ Remove beef from marinade, reserving marinade. Press pepper into beef.
- ☐ Place beef on a rack coated with vegetable cooking spray in a broiler pan.
- ☐ Bring reserved marinade to a rolling boil in a small saucepan; reduce heat and simmer 3 minutes. Discard bay leaf.
- ☐ Bake at 425, basting 3 or 4 times with reserved marinade, for 45 to 55 minutes or until a meat thermometer inserted into the thickest portion registers 145 for medium-rare.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:2.3952173551788%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg,

Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 64.41kcal (3.22%), Fat: 1.87g (2.88%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 4.48g (1.63%), Sugar: 1.91g (2.12%), Cholesterol: 0mg (0%), Sodium: 1086.67mg (47.25%), Alcohol: 3.06g (100%), Alcohol %: 1.62% (100%), Protein: 2.27g (4.55%), Manganese: 0.3mg (15.19%), Vitamin K: 4.58µg (4.36%), Iron: 0.76mg (4.24%), Vitamin B3: 0.83mg (4.16%), Phosphorus: 30.63mg (3.06%), Magnesium: 12.12mg (3.03%), Vitamin B6: 0.06mg (2.78%), Copper: 0.06mg (2.78%), Potassium: 80.99mg (2.31%), Vitamin B2: 0.04mg (2.17%), Fiber: 0.53g (2.1%), Vitamin E: 0.28mg (1.86%), Calcium: 14.49mg (1.45%), Vitamin B1: 0.02mg (1.26%), Vitamin B5: 0.1mg (1.03%)