



Mushroom Crusted Beef Tenderloin

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce beef tenderloin steaks
- 0.5 cup butter softened
- 2 tablespoons chives dried
- 1 tablespoon tarragon dried
- 0.5 teaspoon garlic pureed
- 4 servings salt and ground pepper black to taste
- 0.5 ounce mushrooms dried

Equipment

- food processor
- bowl
- frying pan
- plastic wrap
- kitchen thermometer

Directions

- Mix the butter, chives, tarragon, and garlic together in a bowl until well-blended.
- Place the butter mixture on a large piece of plastic wrap. Wrap the butter with the plastic and shape it into a log about 1-inch thick.
- Place the log in the refrigerator to chill.
- Season the beef tenderloin steaks with salt and black pepper.
- Place the dried mushrooms in a spice grinder or food processor. Process until the mushrooms are finely ground.
- Spread some of the ground mushroom on a plate. Press each steak into the mushroom powder until well coated, adding more mushroom to the plate as necessary.
- Melt about 2 tablespoons herb butter in a large skillet over medium heat. Arrange the steaks in the skillet and cook until they start to firm, and are reddish-pink and juicy in the center, about 6 minutes per side. An instant-read thermometer inserted into the center should read 130 degrees F (54 degrees C) for medium rare, 140 degrees F (60 degrees C) for medium. Top each steak with 1 teaspoon herb butter before serving.

Nutrition Facts

 **PROTEIN 33.5%**  **FAT 65.39%**  **CARBS 1.11%**

Properties

Glycemic Index:53.5, Glycemic Load:0.61, Inflammation Score:-6, Nutrition Score:19.349130357899%

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: 462.26kcal (23.11%), Fat: 33.25g (51.15%), Saturated Fat: 18.35g (114.68%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.09g (0.1%), Cholesterol: 169.87mg (56.62%), Sodium: 277.42mg (12.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.33g (76.66%), Selenium: 52.64µg (75.2%), Vitamin B3: 11.21mg (56.03%), Vitamin B6: 1.11mg (55.58%), Zinc: 6.88mg (45.84%), Phosphorus: 372.09mg (37.21%), Vitamin B12: 1.63µg (27.19%), Potassium: 678.87mg (19.4%), Iron: 3.35mg (18.59%), Vitamin A: 851.47IU (17.03%), Vitamin B2: 0.25mg (14.71%), Vitamin B5: 1.19mg (11.92%), Magnesium: 46.99mg (11.75%), Vitamin B1: 0.14mg (9.09%), Manganese: 0.18mg (9.01%), Vitamin E: 1.19mg (7.92%), Copper: 0.16mg (7.78%), Folate: 28.5µg (7.12%), Calcium: 66.2mg (6.62%), Vitamin K: 4.2µg (4%), Vitamin C: 1.73mg (2.09%)