



Mustard-Crusted Beef Tenderloin with Arugula, Red Onion, and Wax Bean Salad

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



2

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby arugula
- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 2.3 teaspoons t brown sugar dark packed
- ☐ 0.3 teaspoon dijon mustard
- ☐ 0.8 teaspoon ground mustard dry
- ☐ 0.5 lb green beans
- ☐ 0.8 teaspoon pepper black

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest fresh finely grated
- ☐ 0.3 cup mustard coarse-grain
- ☐ 0.3 cup olive oil
- ☐ 0.3 lb onion red thinly sliced
- ☐ 1 lb frangelico trimmed
- ☐ 1 tablespoon vegetable oil

Equipment

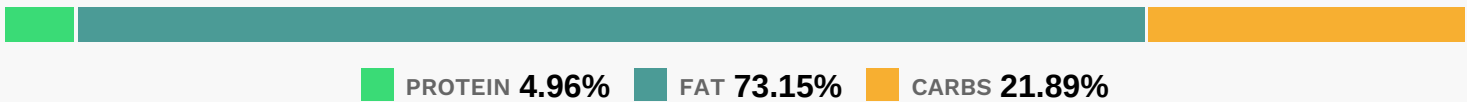
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ colander
- ☐ cutting board

Directions

- ☐ Preheat oven to 425°F.
- ☐ Stir together mustards, brown sugar, pepper, and lemon zest.
- ☐ Pat beef dry and season generously with salt.
- ☐ Heat oil in a heavy skillet over moderately high heat until just beginning to smoke, then brown beef on all sides, about 2 minutes total.
- ☐ Transfer to an oiled shallow baking pan and coat with mustard mixture.
- ☐ Roast beef in middle of oven until a thermometer inserted 2 inches into thickest part of meat registers 125°F for medium-rare, 15 to 20 minutes.
- ☐ Transfer to a cutting board and let stand until cool, at least 45 minutes.

- ☐ Chill onion slices in water to cover 30 minutes. Cook beans in boiling salted water until crisp-tender, about 5 minutes.
- ☐ Drain beans in a colander and rinse under cold water to stop cooking, then transfer to a large bowl.
- ☐ Add arugula to beans.
- ☐ Drain onion slices and pat dry.
- ☐ Whisk together vinegar, lemon juice, mustard, and salt and pepper to taste.
- ☐ Add oil in a slow stream, whisking until emulsified.
- ☐ Cut beef into thin slices.
- ☐ Add onion slices, beef, and enough dressing to arugula and beans to just coat and toss to combine well.
- ☐ ·Salad components may be prepared 1 day ahead and chilled, separately.

Nutrition Facts



Properties

Glycemic Index:125.5, Glycemic Load:4.88, Inflammation Score:-9, Nutrition Score:19.651304576708%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg Kaempferol: 14.83mg, Kaempferol: 14.83mg, Kaempferol: 14.83mg, Kaempferol: 14.83mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 17.8mg, Quercetin: 17.8mg, Quercetin: 17.8mg, Quercetin: 17.8mg

Nutrients (% of daily need)

Calories: 421.23kcal (21.06%), Fat: 35.76g (55.01%), Saturated Fat: 4.99g (31.17%), Carbohydrates: 24.09g (8.03%), Net Carbohydrates: 17.7g (6.44%), Sugar: 13.8g (15.33%), Cholesterol: 0mg (0%), Sodium: 374.03mg (16.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Vitamin K: 123.09µg (117.23%), Manganese: 0.71mg (35.62%), Vitamin A: 1760.36IU (35.21%), Vitamin E: 5.26mg (35.08%), Vitamin C: 27.76mg (33.65%), Fiber: 6.39g (25.55%), Folate: 92.17µg (23.04%), Selenium: 13.54µg (19.34%), Magnesium: 74.49mg (18.62%), Potassium: 561mg (16.03%), Iron: 2.8mg (15.55%), Calcium: 152.68mg (15.27%), Vitamin B6: 0.29mg (14.52%), Vitamin B1:

0.21mg (13.71%), Phosphorus: 125.14mg (12.51%), Vitamin B2: 0.19mg (11.38%), Copper: 0.18mg (8.8%), Vitamin B5: 0.63mg (6.29%), Vitamin B3: 1.26mg (6.28%), Zinc: 0.83mg (5.53%)