



Pan-Fried Beef Tenderloin



Gluten Free



Dairy Free

READY IN



76 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed
- ☐ 2 tablespoons rosemary fresh coarsely chopped
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon kosher salt
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 tablespoons olive oil

Equipment

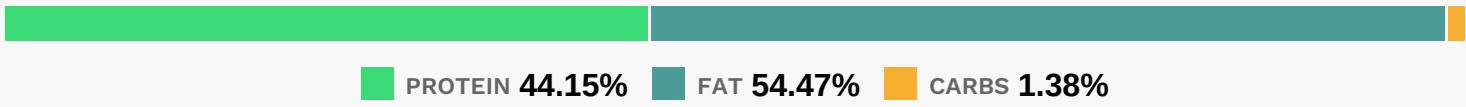
- ☐ frying pan

☐ baking pan

Directions

- ☐ Combine first 5 ingredients in a small baking dish.
- ☐ Add steaks to marinade, turning to coat. Cover and marinate steaks at room temperature 1 hour, turning occasionally.
- ☐ Heat a cast-iron skillet over medium-high heat.
- ☐ Remove steaks from dish; discard marinade.
- ☐ Place steaks in pan; cook, without disturbing, 2 minutes or until steaks release easily from bottom of pan. Turn steaks over; cook 2 minutes. Turn steaks over, and cook an additional 2 minutes or until desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Kids Can Help: Rosemary is a fragrant and easy herb for kids to handle. They can pick the leaves off for you by pulling them in the opposite direction in which they grow. Voil! It's ready to use.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:12.053912973922%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 233.49kcal (11.67%), Fat: 13.79g (21.22%), Saturated Fat: 3.48g (21.75%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.56g (0.2%), Sugar: 0.04g (0.04%), Cholesterol: 72.57mg (24.19%), Sodium: 644.42mg (28.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.15g (50.3%), Selenium: 34.8µg (49.72%), Vitamin B3: 7.29mg (36.44%), Vitamin B6: 0.73mg (36.41%), Zinc: 4.53mg (30.21%), Phosphorus: 240.02mg (24%), Vitamin B12: 1.05µg (17.58%), Potassium: 415.11mg (11.86%), Iron: 1.95mg (10.86%), Vitamin E: 1.36mg (9.08%), Vitamin B2: 0.14mg (8.08%), Vitamin B5: 0.75mg (7.53%), Magnesium: 27.46mg (6.86%), Vitamin B1: 0.09mg (5.84%), Vitamin

K: 5.6µg (5.33%), Copper: 0.09mg (4.73%), Folate: 15.94µg (3.99%), Calcium: 31.93mg (3.19%), Manganese: 0.05mg (2.43%), Vitamin C: 1.33mg (1.61%)