



## Pepper-Crusted Beef Tenderloin with Horseradish Sauce

READY IN



45 min.

SERVINGS



16

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 pound beef tenderloin
- 3 tablespoons breadcrumbs dry
- 3 tablespoons flat-leaf parsley fresh minced
- 1.5 teaspoons coarsely ground pepper black
- 2 tablespoons horseradish prepared
- 0.8 teaspoon kosher salt divided
- 1 teaspoon lemon rind grated
- 1.5 teaspoons olive oil

- 0.3 teaspoon pepper sauce hot
- 1 cup cup heavy whipping cream fat-free sour
- 0.5 teaspoon worcestershire sauce

## Equipment

- bowl
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- broiler pan

## Directions

- Preheat oven to 40
- Trim fat from tenderloin; fold under 3 inches of small end. Rub the tenderloin with oil.
- Combine the breadcrumbs, parsley, pepper, and 1/2 teaspoon salt. Rub the tenderloin with crumb mixture; coat with cooking spray.
- Place tenderloin on the rack of a broiler pan or roasting pan. Insert a meat thermometer into thickest portion of tenderloin.
- Bake at 400 for 30 minutes. Increase oven temperature to 425 (do not remove roast from oven).
- Bake an additional 10 minutes or until the thermometer registers 140 (medium-rare) to 155 (medium).
- Place the tenderloin on a platter, and cover with foil.
- Let stand 10 minutes for tenderloin to reabsorb juices. (Temperature of roast will increase 5 upon standing.)
- Combine 1/4 teaspoon salt, the sour cream, and the remaining ingredients in a small bowl.
- Serve with the beef.

## Nutrition Facts



■ PROTEIN 12.88% ■ FAT 19.02% ■ CARBS 68.1%

## Properties

Glycemic Index:6.19, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:1.6395652125711%

## Flavonoids

Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg

## Nutrients (% of daily need)

Calories: 23.21kcal (1.16%), Fat: 0.5g (0.77%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 3.8g (1.38%), Sugar: 0.35g (0.39%), Cholesterol: 1.29mg (0.43%), Sodium: 155.44mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin K: 12.98µg (12.37%), Calcium: 24.76mg (2.48%), Manganese: 0.05mg (2.25%), Vitamin C: 1.7mg (2.06%), Vitamin A: 101.21IU (2.02%), Selenium: 1.3µg (1.86%), Vitamin B2: 0.03mg (1.83%), Phosphorus: 18.2mg (1.82%), Vitamin B1: 0.03mg (1.67%), Folate: 5.86µg (1.47%), Potassium: 35.29mg (1.01%)