



Pepper-Crusted Beef Tenderloin with Kumquat Marmalade

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 16 ounce beef tenderloin steaks trimmed (3/)
- ☐ 1.5 tablespoons peppercorns mixed black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup kumquats halved seeded vertically sliced
- ☐ 2 teaspoons olive oil
- ☐ 1.5 cups onion vertically sliced

- ☐ 0.5 cup orange juice
- ☐ 2 teaspoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 thyme sprigs

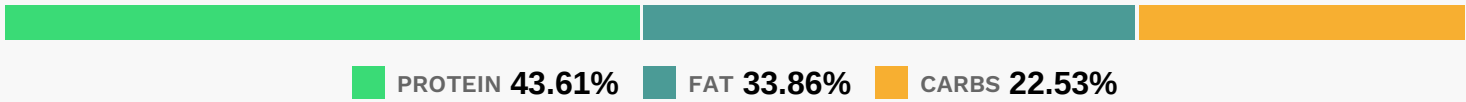
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine first 7 ingredients in a small saucepan; bring to a boil. Reduce heat; simmer 15 minutes or until liquid almost evaporates, stirring occasionally.
- ☐ Remove from heat. Discard thyme sprigs and bay leaf. Stir in rice vinegar, and cool.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Place pepper in a shallow dish. Dredge steaks in pepper; sprinkle evenly with 1/2 teaspoon salt.
- ☐ Add beef to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Serve with marmalade; garnish with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:3.38, Inflammation Score:-7, Nutrition Score:17.484347913576%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 8.77mg, Naringenin: 8.77mg, Naringenin: 8.77mg, Naringenin: 8.77mg Apigenin: 3.11mg, Apigenin: 3.11mg, Apigenin: 3.11mg, Apigenin: 3.11mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.26mg, Quercetin: 12.26mg, Quercetin: 12.26mg, Quercetin: 12.26mg

Nutrients (% of daily need)

Calories: 246.22kcal (12.31%), Fat: 9.23g (14.2%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 10.63g (3.86%), Sugar: 6.55g (7.28%), Cholesterol: 72.57mg (24.19%), Sodium: 544.66mg (23.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.74g (53.47%), Selenium: 36.39µg (51.99%), Vitamin B6: 0.81mg (40.52%), Vitamin B3: 7.59mg (37.97%), Vitamin C: 26.97mg (32.69%), Zinc: 4.72mg (31.49%), Manganese: 0.62mg (31.01%), Phosphorus: 272.99mg (27.3%), Potassium: 636.1mg (18.17%), Vitamin B12: 1.05µg (17.58%), Iron: 2.66mg (14.78%), Fiber: 3.19g (12.75%), Magnesium: 47.4mg (11.85%), Vitamin B2: 0.18mg (10.81%), Vitamin B1: 0.16mg (10.4%), Folate: 39.01µg (9.75%), Vitamin B5: 0.96mg (9.63%), Copper: 0.19mg (9.63%), Vitamin K: 9.03µg (8.6%), Calcium: 72.56mg (7.26%), Vitamin E: 0.74mg (4.91%), Vitamin A: 152.64IU (3.05%)