



## Pepper-Seared Beef Tenderloin with Horseradish Cream Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 ounce beef tenderloin fillets
- 0.5 cup butter divided
- 1 teaspoon dijon mustard
- 2 teaspoons flour
- 0.3 teaspoon ground pepper
- 2 tablespoons horseradish prepared
- 1 tablespoon cracked pepper
- 0.8 teaspoon salt divided

0.7 cup whipping cream

## Equipment

frying pan

sauce pan

whisk

## Directions

Sprinkle fillets evenly with 1/2 teaspoon salt; press cracked pepper into all sides of fillets.

Melt 1/4 cup butter in a large heavy skillet over medium-high heat; add beef, and cook for 3 to 4 minutes on each side or until beef is desired degree of doneness.




Melt remaining 1/4 cup butter in a saucepan over medium heat.

Whisk in flour, remaining 1/4 teaspoon salt, and ground pepper until blended; cook, whisking constantly, 1 minute.

Add cream, and cook, whisking constantly, 1 minute or until thickened and bubbly. Stir in horseradish and mustard.

Drizzle over fillets.

## Nutrition Facts

 PROTEIN **2%**  FAT **93.44%**  CARBS **4.56%**

## Properties

Glycemic Index:51.5, Glycemic Load:0.97, Inflammation Score:-7, Nutrition Score:4.4152173788651%

## Nutrients (% of daily need)

Calories: 350.96kcal (17.55%), Fat: 37.32g (57.41%), Saturated Fat: 13.9g (86.85%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.36g (1.22%), Sugar: 1.79g (1.99%), Cholesterol: 44.82mg (14.94%), Sodium: 759.91mg (33.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.59%), Vitamin A: 1608IU (32.16%), Manganese: 0.23mg (11.51%), Vitamin E: 1.27mg (8.45%), Vitamin B2: 0.1mg (5.62%), Calcium: 47.3mg (4.73%), Vitamin D: 0.63µg (4.23%), Vitamin K: 4.05µg (3.86%), Phosphorus: 36.86mg (3.69%), Selenium: 2.24µg (3.21%), Fiber: 0.74g (2.96%), Potassium: 92.68mg (2.65%), Vitamin C: 2.17mg (2.63%), Magnesium: 9.26mg (2.32%), Folate: 8.34µg (2.08%), Iron: 0.3mg (1.66%), Copper: 0.03mg (1.65%), Vitamin B5: 0.16mg (1.63%), Vitamin B1: 0.02mg (1.56%), Vitamin B12: 0.09µg (1.53%), Vitamin B6: 0.03mg (1.4%), Zinc: 0.19mg (1.29%)