



Peppercorn-Crusted Beef Tenderloin with Gremolata



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks trimmed ()
- ☐ 4 teaspoons canola oil divided
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1.5 teaspoons garlic chopped
- ☐ 0.5 teaspoon kosher salt divided

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 2 teaspoons cracked pepper black

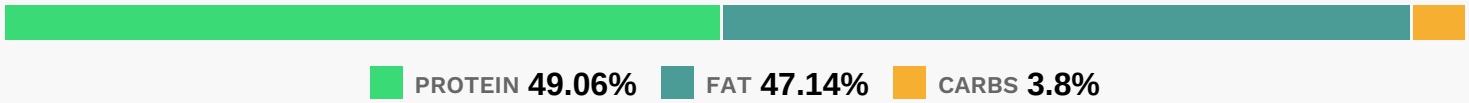
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Coat each steak with cooking spray; sprinkle evenly with pepper and 1/4 teaspoon salt.
- ☐ Heat a large ovenproof skillet over medium-high heat.
- ☐ Add 1 teaspoon oil; swirl to coat.
- ☐ Add steaks to pan, and cook for 3 minutes on each side or until desired degree of doneness.
- ☐ Combine remaining 1 tablespoon oil, remaining 1/4 teaspoon salt, parsley, and remaining ingredients in a small bowl, stirring with a whisk.
- ☐ Serve with steak.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:0.27, Inflammation Score:-7, Nutrition Score:16.274347782135%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 211.41kcal (10.57%), Fat: 10.84g (16.68%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.19g (0.21%), Cholesterol: 72.57mg (24.19%), Sodium: 357.91mg (15.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.39g (50.78%), Vitamin K: 71.54µg (68.13%), Selenium: 34.86µg (49.79%), Vitamin B3: 7.38mg (36.9%), Vitamin B6: 0.74mg (36.8%), Zinc: 4.59mg (30.6%), Phosphorus: 244.07mg (24.41%), Vitamin B12: 1.05µg (17.58%), Iron: 2.38mg (13.23%), Potassium: 454.63mg (12.99%), Manganese: 0.19mg (9.72%), Vitamin C: 7.21mg (8.73%), Vitamin B2: 0.15mg (8.56%), Vitamin E: 1.24mg (8.29%), Magnesium: 31.83mg (7.96%), Vitamin B5: 0.78mg (7.84%), Vitamin A: 387.63IU (7.75%), Vitamin B1: 0.09mg (6.19%), Copper: 0.11mg (5.73%), Folate: 22.83µg (5.71%), Calcium: 45.93mg (4.59%), Fiber: 0.7g (2.81%)