



Peppercorn Roasted Beef Tenderloin

READY IN



40 min.

SERVINGS



10

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 beef tenderloin whole trimmed
- ☐ 1 stick butter
- ☐ 2 cloves garlic crushed
- ☐ 10 servings kosher salt
- ☐ 2 teaspoons sugar
- ☐ 0.5 cup tri-color peppercorns with a rolling pin crushed

Equipment

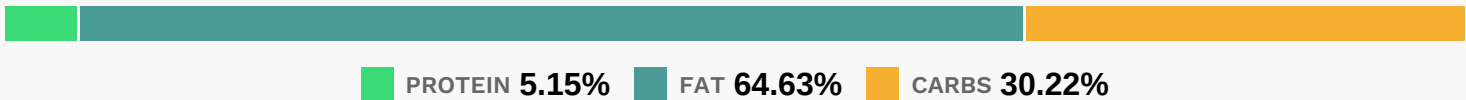
- ☐ frying pan

- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 475 degrees F.
- ☐ Place the tenderloin on a roasting rack.
- ☐ Sprinkle generously with kosher salt and sugar, which will deepen the savory flavors.
- ☐ Press the crushed peppercorns all over the surface of the meat. Insert a meat thermometer and place in the oven until the beef registers 120 to 125 degrees F for medium-rare/rare. Beef will probably cook in 20 to 25 minutes depending on its temp before it goes in the oven.
- ☐ While the meat is roasting, melt the butter with the garlic in a small skillet, and allow the butter to slightly brown.
- ☐ Remove the garlic and discard.
- ☐ Remove the meat when it's done and pour the garlic butter over gently (it should sizzle when it hits the meat). Cover the meat loosely with foil and allow to rest for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:19.21, Glycemic Load:4.17, Inflammation Score:-2, Nutrition Score:1.8326086913762%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 128.88kcal (6.44%), Fat: 9.35g (14.38%), Saturated Fat: 5.84g (36.51%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 9.44g (3.43%), Sugar: 1.13g (1.25%), Cholesterol: 24.3mg (8.1%), Sodium: 267.27mg (11.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.35%), Selenium: 7.68µg (10.97%), Manganese: 0.12mg (5.95%),

Vitamin A: 282.44IU (5.65%), Phosphorus: 25.99mg (2.6%), Vitamin E: 0.28mg (1.84%), Copper: 0.04mg (1.81%), Magnesium: 6.65mg (1.66%), Fiber: 0.39g (1.56%), Zinc: 0.18mg (1.23%), Vitamin B6: 0.02mg (1.23%), Vitamin B3: 0.21mg (1.05%)