



Peppered Beef Tenderloin

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings garnishes: baby artichokes fresh
- ☐ 3.5 pound beef tenderloin trimmed
- ☐ 0.3 cup butter softened
- ☐ 2 teaspoons coarse salt
- ☐ 8 ounce carton cream sour
- ☐ 3 tablespoons dijon mustard
- ☐ 1 cup flat-leaf parsley fresh chopped
- ☐ 2 tablespoons peppercorns whole green

- ☐ 2 tablespoons horseradish prepared
- ☐ 2 tablespoons peppercorns whole red

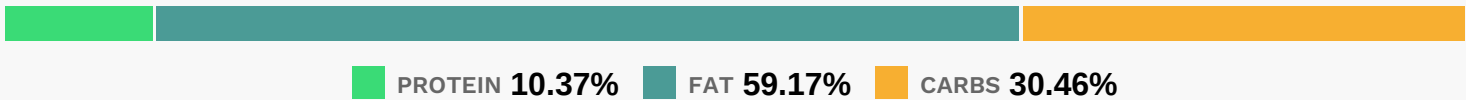
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Combine first 3 ingredients. Cover; chill.
- ☐ Place peppercorns in container of an electric blender; cover and pulse until chopped.
- ☐ Transfer to a bowl, and stir in salt.
- ☐ Place beef on a lightly greased rack in a shallow roasting pan.
- ☐ Combine parsley, butter, and 3 tablespoons mustard; rub mixture evenly over tenderloin. Pat peppercorn mixture evenly over beef. Cover; chill up to 24 hours.
- ☐ When Ready to
- ☐ Bake at 350 for 50 minutes or until meat thermometer inserted in thickest portion of beef registers 145 (medium-rare) to 160 (medium).
- ☐ Transfer beef to a platter; cover loosely with aluminum foil.
- ☐ Let stand 10 minutes before slicing.
- ☐ Serve with sour cream mixture.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:10.952173963837%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 160.31kcal (8.02%), Fat: 11.61g (17.86%), Saturated Fat: 6.57g (41.07%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 7.61g (2.77%), Sugar: 2.96g (3.29%), Cholesterol: 31.98mg (10.66%), Sodium: 900.55mg (39.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Vitamin K: 128.15µg (122.05%), Vitamin A: 1762.48IU (35.25%), Fiber: 5.84g (23.34%), Manganese: 0.36mg (18.18%), Vitamin C: 12.89mg (15.62%), Iron: 2.2mg (12.22%), Calcium: 87.51mg (8.75%), Selenium: 3.27µg (4.67%), Folate: 16.27µg (4.07%), Vitamin B2: 0.07mg (3.91%), Phosphorus: 38.79mg (3.88%), Potassium: 129.7mg (3.71%), Magnesium: 14.73mg (3.68%), Copper: 0.06mg (2.82%), Vitamin E: 0.37mg (2.5%), Vitamin B5: 0.19mg (1.88%), Zinc: 0.28mg (1.86%), Vitamin B1: 0.03mg (1.74%), Vitamin B6: 0.03mg (1.62%), Vitamin B12: 0.07µg (1.19%), Vitamin B3: 0.2mg (1.01%)