



Roast Beef Tenderloin



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



5 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pound center-cut beef tenderloin trimmed
- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon thyme leaves dried
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon salt

Equipment

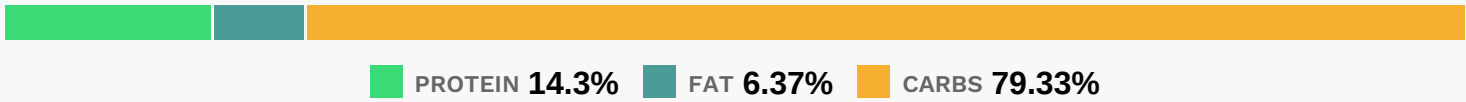
- ☐ frying pan
- ☐ oven

☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Combine thyme, garlic, salt, and pepper; coat beef tenderloin with mixture.
- ☐ Heat a large ovenproof skillet coated with cooking spray over medium-high heat.
- ☐ Add beef; cook 2 minutes on 1 side until browned. Turn beef over.
- ☐ Transfer skillet to oven; bake at 350 for 20-25 minutes or until internal temperature reaches 12
- ☐ Transfer beef to a carving board; tent with foil, and let stand 10 minutes (internal temperature will rise to 130 for medium-rare).
- ☐ Cut beef crosswise into 8 slices; transfer to serving plates.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:0.85086957332881%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 4.67kcal (0.23%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 1.06g (0.35%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.03g (0.03%), Cholesterol: 0mg (0%), Sodium: 291.26mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Vitamin K: 4.73µg (4.51%), Manganese: 0.09mg (4.5%), Iron: 0.37mg (2.08%), Vitamin B6: 0.03mg (1.5%), Calcium: 10.09mg (1.01%)