



## Roast Beef Tenderloin

READY IN



80 min.

SERVINGS



20

CALORIES



32 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 slices oscar mayer bacon halved
- 5 lb beef tenderloin
- 2 Tbsp butter
- 2 Tbsp flour
- 1 lb mushrooms fresh sliced
- 1 clove garlic halved
- 0.3 tsp salt

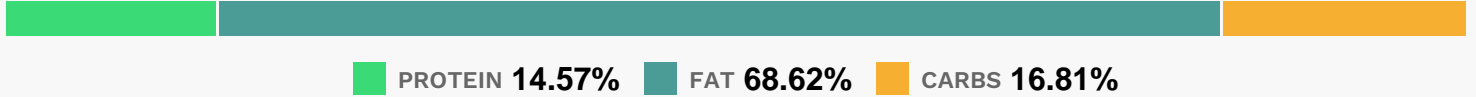
### Equipment

- frying pan
- oven
- roasting pan
- aluminum foil

## Directions

- Heat oven to 450F.
- Trim excess fat from meat.
- Place meat on rack in shallow roasting pan, folding under thin end of meat for even thickness. Rub with garlic; sprinkle with flour and salt. Top with bacon.
- Bake 45 min. to 1 hour or until 150F.
- Remove from oven. Cover with foil; let stand 10 min. or until medium doneness (160F) before slicing. Meanwhile, cook mushrooms in butter in large skillet until tender, stirring occasionally.
- Serve meat topped with mushrooms.

## Nutrition Facts



## Properties

Glycemic Index:9.35, Glycemic Load:0.59, Inflammation Score:-1, Nutrition Score:1.7447826088123%

## Nutrients (% of daily need)

Calories: 31.89kcal (1.59%), Fat: 2.55g (3.92%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.45g (0.5%), Cholesterol: 5.23mg (1.74%), Sodium: 61.22mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.43%), Vitamin B2: 0.1mg (5.78%), Vitamin B3: 1mg (4.99%), Selenium: 3.06µg (4.37%), Copper: 0.08mg (3.75%), Vitamin B5: 0.36mg (3.64%), Phosphorus: 25.64mg (2.56%), Potassium: 80.41mg (2.3%), Vitamin B1: 0.03mg (2.25%), Vitamin B6: 0.03mg (1.73%), Folate: 5.28µg (1.32%), Zinc: 0.17mg (1.1%)