



Roast Beef Tenderloin with Caesar Crust

READY IN



45 min.

SERVINGS



8

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet anchovy packed in oil, drained, finely chopped
- ☐ 4 pound frangelico trimmed
- ☐ 4 teaspoons pepper black freshly ground plus more for seasoning
- ☐ 0.7 cup bread fresh white fine
- ☐ 4 teaspoons dijon mustard
- ☐ 2 garlic clove finely chopped
- ☐ 8 servings kosher salt
- ☐ 4 teaspoons lemon zest finely grated
- ☐ 0.7 cup mayonnaise

- ☐ 0.7 cup parmesan finely grated
- ☐ 2 teaspoons worcestershire sauce

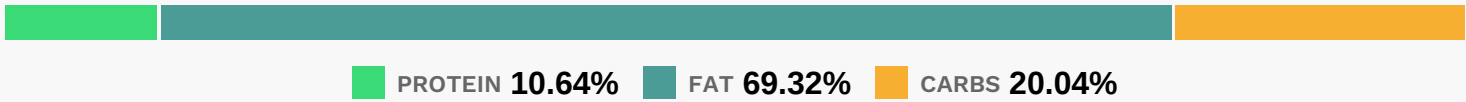
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Season tenderloin lightly with salt and pepper. Wrap in plastic; refrigerate overnight.
- ☐ Uncover tenderloin; let stand at room temperature for at least 2 hours.
- ☐ Preheat oven to 400°F. Set a rack inside a rimmed baking sheet.
- ☐ Transfer tenderloin to rack. Pulse 4 teaspoons black pepper and remaining ingredients in a small food processor until well blended. Generously and evenly spread and pack Parmesan mixture around tenderloin.
- ☐ Roast until crust is golden brown and an instant-read thermometer inserted into thickest part of tenderloin registers 110°F–115°F for rare and 120°F–125°F for medium-rare, 30–40 minutes.
- ☐ Transfer to a carving board.
- ☐ Let rest for 20 minutes.
- ☐ Cut into 1/2"-thick slices, taking care not to lose too much of the delicate crust.

Nutrition Facts



Properties

Glycemic Index:28.71, Glycemic Load:5.36, Inflammation Score:-3, Nutrition Score:6.6686956260515%

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: 223.02kcal (11.15%), Fat: 17.23g (26.51%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 9.94g (3.61%), Sugar: 1.54g (1.72%), Cholesterol: 14.71mg (4.9%), Sodium: 588.55mg (25.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.9%), Vitamin K: 33.24µg (31.66%), Manganese: 0.39mg (19.52%), Selenium: 9.73µg (13.9%), Calcium: 138.17mg (13.82%), Phosphorus: 97.11mg (9.71%), Vitamin B3: 1.45mg (7.25%), Vitamin B1: 0.1mg (6.41%), Iron: 1.12mg (6.23%), Vitamin B2: 0.09mg (5.47%), Fiber: 1.27g (5.08%), Folate: 19.07µg (4.77%), Vitamin E: 0.7mg (4.69%), Magnesium: 16.2mg (4.05%), Zinc: 0.54mg (3.59%), Copper: 0.06mg (3.05%), Vitamin B5: 0.27mg (2.74%), Vitamin B6: 0.05mg (2.47%), Potassium: 80.55mg (2.3%), Vitamin B12: 0.13µg (2.25%), Vitamin C: 1.77mg (2.14%), Vitamin A: 87.61IU (1.75%)