



Roast Beef Tenderloin with Wasabi-Garlic Cream

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.8 pound beef tenderloin
- ☐ 2 large garlic cloves pressed
- ☐ 1.5 cups heavy whipping cream
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon wasabi prepared

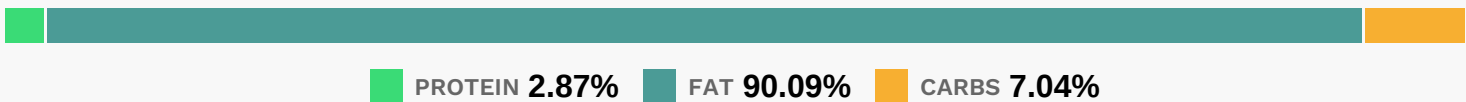
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Make Wasabi-Garlic Cream
- ☐ Combine cream and garlic in saucepan and cook over medium-high heat until reduced to 1 cup, stirring frequently, about 15 minutes.
- ☐ Whisk in wasabi and cook for 1 minute, remove from heat. Season to taste with salt.
- ☐ Make Tenderloin
- ☐ Coat beef with olive oil.
- ☐ mix sugar and salt together. Rub this mixture over top and sides(not bottom) of beef.
- ☐ Place on rimmed baking sheet and place in preheated oven. Be sure bottom is not rubbed.
- ☐ Roast until thermometer inserted into center registers 120°F for rare.
- ☐ Remove from oven; let rest 10 minutes.
- ☐ Sprinkle with salt and pepper.
- ☐ Remove strings. Reheat sauce over medium heat.
- ☐ Cut beef into thick slices; serve with sauce.

Nutrition Facts



Properties

Glycemic Index:16.68, Glycemic Load:1.49, Inflammation Score:-5, Nutrition Score:3.1626087219819%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 255.47kcal (12.77%), Fat: 26.17g (40.27%), Saturated Fat: 14.33g (89.56%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 4.39g (1.59%), Sugar: 3.74g (4.16%), Cholesterol: 67.24mg (22.41%), Sodium: 1179.51mg (51.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.75%), Vitamin A: 875.61IU (17.51%), Vitamin E: 1.22mg (8.13%), Vitamin B2: 0.12mg (6.83%), Vitamin D: 0.95µg (6.35%), Vitamin K: 4.73µg (4.51%), Calcium: 45.07mg (4.51%), Phosphorus: 38.04mg (3.8%), Selenium: 1.94µg (2.77%), Potassium: 75.06mg (2.14%), Vitamin C: 1.72mg (2.08%), Vitamin B6: 0.04mg (2%), Vitamin B5: 0.16mg (1.63%), Vitamin B12: 0.1µg (1.59%), Magnesium: 6.17mg (1.54%), Manganese: 0.03mg (1.51%), Zinc: 0.2mg (1.32%), Vitamin B1: 0.02mg (1.14%)