



## Roasted Beef Tenderloin with Roasted Pepper and Black Olive Sauce

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



1290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 pound center-cut pieces beef tenderloin -- ask the butcher to give you 2 pieces for use in a chateaubriand recipe
- 1 cup olives black such as kalamata, drained well pitted
- 8 servings top sliced
- 8 servings olive oil extra virgin for coating roasts, plus 3 tablespoons for sauce
- 1 Handful flat-leaf parsley
- 2 cloves garlic
- 8 servings grill seasoning for steak by mccormick (recommended: Montreal Steak Seasoning)

- 5 roasted peppers whole red dry drained coarsely chopped well
- 8 servings salt and pepper

## Equipment

- food processor
- oven
- roasting pan
- grill

## Directions

- Watch how to make this recipe.
- Preheat oven as high as it goes, 500 degrees F.
- Liberally coat the meat with extra-virgin olive oil and grill seasoning.
- Place the meat on a roasting rack or in a roasting pan and place in oven. If you are cooking in a pan with no rack, add a splash of water to the pan. Roast the meat 10 minutes on high then reduce heat to 350 degrees F and cook 30 minutes more. Do not open oven during those first 10 minutes.
- Remove meat from oven and let rest 10 minutes before serving.
- Place roasted peppers in food processor and add garlic, parsley, olives, salt and pepper. Turn the processor on and stream in extra-virgin olive oil, about 3 tablespoons.
- Thinly slice meat against grain and serve with crusty bread and sauce.

## Nutrition Facts



**PROTEIN 8.73%** **FAT 49.38%** **CARBS 41.89%**

## Properties

Glycemic Index:24.31, Glycemic Load:67.58, Inflammation Score:-8, Nutrition Score:28.526087128598%

## Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.01mg, Quercetin:

0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 1289.73kcal (64.49%), Fat: 73.08g (112.43%), Saturated Fat: 39.55g (247.2%), Carbohydrates: 139.51g (46.5%), Net Carbohydrates: 131.59g (47.85%), Sugar: 120.87g (134.3%), Cholesterol: 0mg (0%), Sodium: 1220.85mg (53.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.07g (58.14%), Manganese: 2.69mg (134.4%), Vitamin B3: 14.03mg (70.15%), Magnesium: 209.22mg (52.31%), Copper: 1mg (50.08%), Phosphorus: 480.68mg (48.07%), Vitamin K: 46.37µg (44.16%), Folate: 133.72µg (33.43%), Vitamin E: 4.94mg (32.91%), Fiber: 7.92g (31.67%), Vitamin B2: 0.52mg (30.38%), Vitamin B1: 0.43mg (28.79%), Potassium: 875.86mg (25.02%), Calcium: 197.49mg (19.75%), Zinc: 2.74mg (18.3%), Vitamin B6: 0.33mg (16.65%), Vitamin C: 11.89mg (14.41%), Vitamin B5: 1.41mg (14.06%), Iron: 2.25mg (12.49%), Vitamin A: 281.4IU (5.63%), Vitamin B12: 0.25µg (4.16%), Selenium: 2.57µg (3.68%)