



Roasted, Herbed Beef Tenderloin

 Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



135 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 pound frangelico trimmed
- 1 tablespoon pepper black freshly ground
- 1 tablespoon rosemary leaves fresh finely chopped
- 1 tablespoon thyme sprigs fresh finely chopped
- 2 medium garlic clove finely chopped
- 2 tablespoons kosher salt
- 8 tablespoons butter unsalted at room temperature (1 stick)
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- kitchen thermometer
- aluminum foil
- spatula
- cutting board
- kitchen twine

Directions

- Heat the oven to 400°F and arrange a rack in the middle. Meanwhile, pat the beef dry with paper towels. (If one end of the beef is noticeably thinner than the other, tuck the thinner end underneath and tie where you tucked with butcher's twine. This will help it cook more evenly.) Using your hands, rub the tenderloin all over with the oil, sprinkle with the salt and pepper, and rub until evenly coated; set aside.
- Heat a large frying pan over medium-high heat until just starting to smoke.
- Place the beef in the pan and sear, turning occasionally, until golden brown all over, about 10 minutes.
- Transfer to a 13-by-9-inch baking dish and set aside until the surface of the beef is no longer hot, about 15 minutes. Meanwhile, make the butter mixture.
- Place the butter, garlic, rosemary, and thyme in a medium bowl and smash with the back of a spoon or a rubber spatula until evenly combined. When the beef is ready, evenly rub the butter mixture on the top and sides of the tenderloin. Roast until an instant-read thermometer inserted into the thickest part of the beef registers 120°F to 125°F for rare or 125°F to 135°F for medium rare, about 25 to 35 minutes.
- Transfer the beef to a cutting board and tent it loosely with foil.
- Let it rest at least 20 minutes before slicing.

Nutrition Facts

PROTEIN 0.87% FAT 96.24% CARBS 2.89%

Properties

Glycemic Index:13.38, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:1.8047826244779%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg 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: 134.65kcal (6.73%), Fat: 14.81g (22.79%), Saturated Fat: 7.73g (48.33%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.02g (0.02%), Cholesterol: 30.1mg (10.03%), Sodium: 1746.07mg (75.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin K: 8.47µg (8.07%), Vitamin A: 402.91IU (8.06%), Manganese: 0.13mg (6.53%), Vitamin E: 0.61mg (4.08%), Vitamin C: 1.69mg (2.05%), Iron: 0.27mg (1.52%), Fiber: 0.36g (1.45%), Vitamin D: 0.21µg (1.4%), Calcium: 13.46mg (1.35%), Copper: 0.02mg (1.07%)