



Roasted Reuben Tenderloin

 Dairy Free

READY IN



77 min.

SERVINGS



12

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cooking apple red chopped
- 3 pound beef tenderloin
- 0.1 teaspoon ground allspice
- 0.5 teaspoon coarsely ground pepper
- 0.5 cup onion chopped
- 2 cups rye breadcrumbs soft
- 1.5 cups sauerkraut drained well
- 0.3 cup thousand island dressing fat-free divided

Equipment

- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add apple, onion, and allspice; saute until onion is tender.
- Remove from heat; stir in sauerkraut. Set aside.
- Trim fat from tenderloin.
- Cut tenderloin lengthwise down center, cutting to, but not through, bottom. Flip cut piece out to enlarge tenderloin.
- Brush 1/4 cup dressing over cut surface of meat. Spoon sauerkraut mixture over dressing. Bring sides of meat together, and tie securely at 2-inch intervals using heavy string.
- Brush remaining 2 tablespoons dressing over tenderloin.
- Sprinkle tenderloin with pepper, and roll in breadcrumbs.
- Place, seam side down, on a rack in a roasting pan coated with cooking spray. Insert meat thermometer into thickest part of tenderloin, if desired.
- Bake, uncovered, at 425 for 50 to 60 minutes or until meat thermometer registers 145 (medium-rare) or 160 (medium). Cover with aluminum foil the last 25 minutes of baking to prevent excessive browning, if necessary.
- Remove tenderloin from oven, and let stand 10 minutes.
- Cut into 1/2-inch-thick slices.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:15.068260812241%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 156.51kcal (7.83%), Fat: 2.94g (4.52%), Saturated Fat: 0.4g (2.47%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 20.29g (7.38%), Sugar: 2.33g (2.59%), Cholesterol: 1.35mg (0.45%), Sodium: 168.18mg (7.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.67%), Manganese: 2.69mg (134.62%), Fiber: 9.73g (38.93%), Selenium: 20.33µg (29.05%), Phosphorus: 256.82mg (25.68%), Magnesium: 101.61mg (25.4%), Iron: 2.88mg (15.98%), Zinc: 2.27mg (15.13%), Copper: 0.3mg (14.91%), Vitamin B1: 0.2mg (13.41%), Vitamin B3: 2.23mg (11.15%), Potassium: 340.23mg (9.72%), Vitamin B6: 0.19mg (9.56%), Vitamin K: 8.51µg (8.11%), Vitamin B2: 0.13mg (7.56%), Vitamin B5: 0.62mg (6.21%), Vitamin E: 0.8mg (5.31%), Vitamin C: 3.35mg (4.06%), Calcium: 30.64mg (3.06%), Folate: 11.62µg (2.9%)