



Roasted Tenderloin and Cherry Tomatoes with Spicy Crab Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch arugula trimmed
- ☐ 2 pounds center-cut beef tenderloin
- ☐ 1 tablespoon chili paste depending on your taste pref such as sambal
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 pint grape tomatoes yellow
- ☐ 0.5 juice of lime juiced
- ☐ 1 pint lump crab meat

- ☐ 0.3 cup mayonnaise
- ☐ 4 servings olive oil extra-virgin
- ☐ 4 servings salt and pepper black freshly ground

Equipment

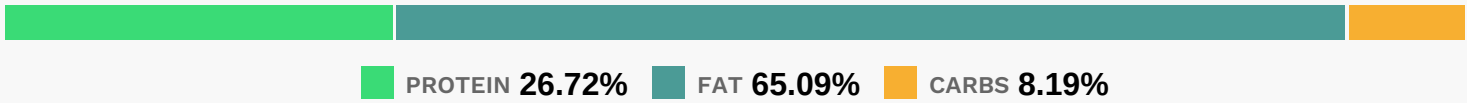
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler
- ☐ kitchen twine

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Tie the tenderloin with kitchen twine in 3 or 4 places around the circumference to help it hold its shape. Put a medium cast iron or ovenproof skillet over medium-high heat and get it hot.
- ☐ Drizzle in a 2-count of oil.
- ☐ Sprinkle the tenderloin all over with salt and pepper and sear it in the hot pan, turning, until well browned. Then put the pan in the oven and roast until the internal temperature of the beef reaches 125 degrees F on an instant-read thermometer, about 20 minutes.
- ☐ Remove the beef to a platter and let it rest 10 minutes.
- ☐ Turn the oven to broil. Toss the tomatoes on a sheet pan with salt, pepper, and a drizzle of oil.
- ☐ Put the pan under the broiler and broil until the tomatoes burst, about 5 minutes. Dump them into a bowl and season them again with a drizzle of oil, salt, and pepper.
- ☐ Add the arugula and toss.
- ☐ To serve, remove the strings from the tenderloin and cut it into slices. Arrange the slices on a serving plate, shingling them. Spoon the crab salad over the meat and scatter the tomatoes and arugula over the top.
- ☐ Serve hot.

Stir the crabmeat with the mayonnaise, chili paste, cilantro, and lime juice in a bowl, and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:1.45, Inflammation Score:-9, Nutrition Score:26.832174070503%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 9.96mg, Kaempferol: 9.96mg, Kaempferol: 9.96mg, Kaempferol: 9.96mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 352.08kcal (17.6%), Fat: 25.62g (39.42%), Saturated Fat: 3.74g (23.36%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 5.31g (1.93%), Sugar: 4.19g (4.66%), Cholesterol: 55.56mg (18.52%), Sodium: 1092.65mg (47.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.67g (47.34%), Vitamin B12: 10.66µg (177.72%), Vitamin K: 72.24µg (68.8%), Selenium: 43.52µg (62.17%), Copper: 1.19mg (59.63%), Zinc: 7.41mg (49.37%), Vitamin C: 30.54mg (37.02%), Vitamin A: 1717.13IU (34.34%), Phosphorus: 307.94mg (30.79%), Folate: 98.81µg (24.7%), Vitamin E: 3.26mg (21.73%), Magnesium: 85.4mg (21.35%), Potassium: 650.42mg (18.58%), Vitamin B6: 0.3mg (15.11%), Manganese: 0.28mg (14.11%), Calcium: 114.61mg (11.46%), Vitamin B3: 2.16mg (10.81%), Iron: 1.59mg (8.81%), Fiber: 1.94g (7.75%), Vitamin B1: 0.11mg (7.55%), Vitamin B5: 0.67mg (6.74%), Vitamin B2: 0.1mg (6.13%)