



Rosemary Beef Fillet



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



12

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 12 servings dijon mustard coarse-grain
- ☐ 2 garlic cloves finely chopped
- ☐ 4 teaspoons kosher salt
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 3.5 lb tied center-cut beef tenderloin roast trimmed at room temperature
- ☐ 6 sprigs rosemary fresh (3- to 4-inch)

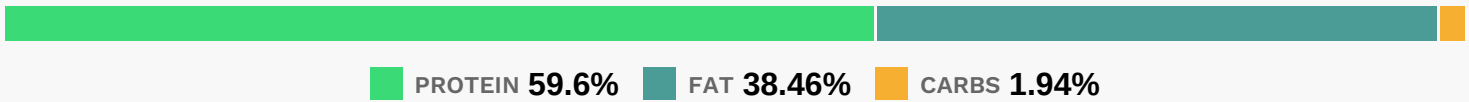
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Pat tenderloin dry, then coat all sides with salt, pepper, and garlic. Tuck rosemary sprigs under strings on all sides of roast, leaving a few inches between each.
- ☐ Heat oil in a flameproof heavy roasting pan over high heat until hot but not smoking, then brown tenderloin on all sides (but not ends), about 10 minutes total.
- ☐ Transfer pan to oven and roast until thermometer inserted diagonally 2 inches into center of meat registers 120°F, 25 to 30 minutes.
- ☐ Transfer beef to a cutting board and let stand 15 minutes. (Temperature of meat will rise to about 130°F.) Discard string and rosemary sprigs before slicing.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:16.079565089358%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 193.98kcal (9.7%), Fat: 8.31g (12.79%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.08g (0.09%), Cholesterol: 75.41mg (25.14%), Sodium: 2821.44mg (122.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.94%), Vitamin C: 59.72mg (72.39%), Vitamin B3: 9.86mg (49.32%), Calcium: 375.9mg (37.59%), Vitamin B12: 2.25µg (37.48%), Zinc: 4.82mg (32.12%), Vitamin B6: 0.54mg (26.97%), Phosphorus: 261.8mg (26.18%), Iron: 2.91mg (16.18%), Selenium: 10.65µg (15.21%), Potassium:

382.68mg (10.93%), Vitamin B2: 0.17mg (9.82%), Magnesium: 30.66mg (7.66%), Copper: 0.1mg (5.04%), Vitamin B1: 0.07mg (4.68%), Vitamin B5: 0.42mg (4.18%), Manganese: 0.08mg (3.9%), Vitamin E: 0.52mg (3.49%), Folate: 12.49µg (3.12%), Vitamin K: 2.46µg (2.35%), Fiber: 0.27g (1.1%)