



Rosemary Beef Tenderloin with Balsamic Peppers

 Gluten Free  Dairy Free

READY IN



61 min.

SERVINGS



10

CALORIES



42 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 lb beef tenderloin
- ☐ 2 tablespoons rosemary fresh minced
- ☐ 3 tablespoons garlic minced
- ☐ 2 teaspoons kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1.5 teaspoons pepper freshly ground
- ☐ 10 servings balsamic peppers

☐ 10 servings garnish: rosemary sprigs fresh

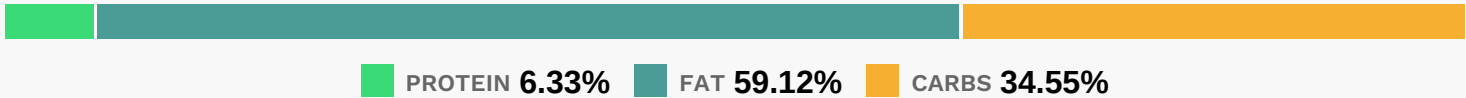
Equipment

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

Directions

- ☐ Trim fat from tenderloin.
- ☐ Sprinkle tenderloin all over with salt and pepper.
- ☐ Heat oil in a roasting pan over medium-high heat; add tenderloin. Cook 6 to 8 minutes, turning often to brown all sides.
- ☐ Remove tenderloin to a cutting board. Rub tenderloin with garlic and 2 Tbsp. rosemary, pressing to adhere. Return to pan.
- ☐ Bake, uncovered, at 400 for 40 minutes or until a meat thermometer inserted into thickest part of tenderloin registers 140 (rare) to 160 (medium).
- ☐ Remove tenderloin to a serving platter; let stand 10 minutes before slicing. Arrange Balsamic Peppers around tenderloin, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:14.2, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:5.1204347688219%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 41.84kcal (2.09%), Fat: 2.96g (4.56%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 2.66g (0.97%), Sugar: 1.45g (1.62%), Cholesterol: 0mg (0%), Sodium: 467.56mg (20.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.43%), Vitamin C: 48.74mg (59.07%), Vitamin B6: 0.17mg (8.35%), Manganese: 0.16mg (7.89%), Vitamin K: 6.62µg (6.31%), Fiber: 1.24g (4.95%), Vitamin A: 236.83IU (4.74%), Vitamin E: 0.63mg (4.19%), Potassium: 121.49mg (3.47%), Vitamin B1: 0.04mg (2.65%), Copper: 0.05mg (2.63%), Iron: 0.35mg (1.93%), Magnesium: 7.66mg (1.91%), Folate: 6.82µg (1.7%), Phosphorus: 16.38mg (1.64%), Vitamin B3: 0.31mg (1.55%), Calcium: 14.49mg (1.45%), Vitamin B2: 0.02mg (1.23%)