



Salt-Roasted Beef Tenderloin Sliders

 Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



594 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 lb frangelico trimmed
- ☐ 6 cups kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon pepper
- ☐ 8 servings basil pesto
- ☐ 24 small portugese rolls split toasted
- ☐ 1 cup water cold

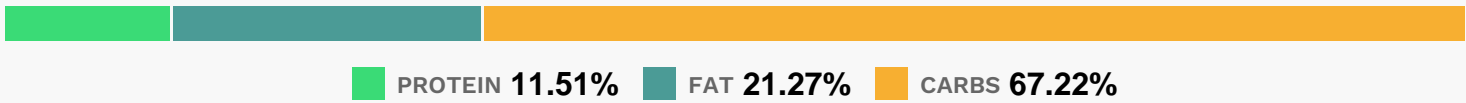
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Sprinkle beef with pepper. Cook in hot oil in a skillet over medium-high heat, turning occasionally, 5 minutes or until browned on all sides.
- ☐ Stir together salt and 1 cup cold water.
- ☐ Spread half of salt mixture in a rectangle (slightly larger than beef) in a large roasting pan; top with beef. Pat remaining salt mixture over beef, covering completely.
- ☐ Bake at 400 45 to 50 minutes or until a meat thermometer inserted into center registers 14
- ☐ Tap crust with a spoon; remove crust. (Beef will keep cooking if crust remains on.)
- ☐ Transfer beef to a cutting board. Cover loosely with foil; let stand 10 minutes.
- ☐ Brush off excess salt; slice beef.
- ☐ Serve beef in rolls with pesto.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:68.91, Inflammation Score:-2, Nutrition Score:6.6313043374406%

Nutrients (% of daily need)

Calories: 593.87kcal (29.69%), Fat: 13.91g (21.4%), Saturated Fat: 1.21g (7.53%), Carbohydrates: 98.91g (32.97%), Net Carbohydrates: 95.42g (34.7%), Sugar: 13.47g (14.97%), Cholesterol: 1.2mg (0.4%), Sodium: 85899.39mg (3734.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.93g (33.87%), Iron: 32.79mg (182.19%), Fiber: 3.5g (13.99%), Manganese: 0.25mg (12.54%), Calcium: 97.89mg (9.79%), Vitamin A: 303.77IU (6.08%), Copper:

0.07mg (3.69%), Vitamin E: 0.25mg (1.7%), Zinc: 0.22mg (1.5%), Vitamin K: 1.46µg (1.39%)