



Savory Beef Tenderloin

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings goya adobo with pepper, to taste
- ☐ 24 ounce beef tenderloin steaks
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon goya extra virgin olive oil
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 2 cloves garlic thinly sliced

Equipment

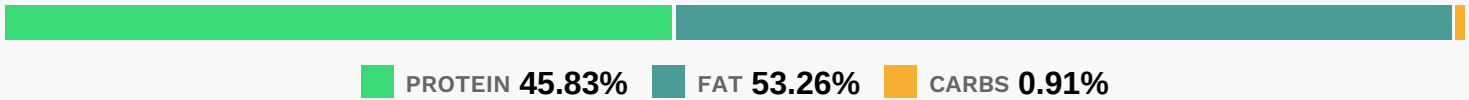
- ☐ frying pan

☐ aluminum foil

Directions

- ☐ Season beef with adobo on both sides.
- ☐ Heat butter and oil in a large skillet over medium-high heat.
- ☐ Add steaks to pan and cook until well browned and medium rare, flipping once, about 6 minutes.
- ☐ Transfer meat to a plate; cover with foil to keep warm.
- ☐ Lower heat to medium.
- ☐ Add garlic to skillet and cook until light golden brown, about 1 minute.
- ☐ Add parsley and cook 30 seconds more.
- ☐ Divide steaks evenly among serving dishes. Top steaks evenly with garlic mixture.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:18.359564991101%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 338.18kcal (16.91%), Fat: 19.49g (29.98%), Saturated Fat: 7.84g (49%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.05g (0.05%), Cholesterol: 123.91mg (41.3%), Sodium: 310.97mg (13.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.73g (75.46%), Selenium: 52.19µg (74.56%), Vitamin B3: 10.93mg (54.66%), Vitamin B6: 1.08mg (53.89%), Zinc: 6.79mg (45.27%), Phosphorus: 360.44mg (36.04%), Vitamin B12: 1.59µg (26.56%), Vitamin K: 21.14µg (20.13%), Potassium: 617.28mg (17.64%), Iron: 2.86mg (15.9%), Vitamin B2: 0.21mg (12.12%), Vitamin B5: 1.12mg (11.23%), Magnesium: 40.37mg (10.09%), Vitamin B1: 0.13mg (8.7%), Vitamin E: 1.23mg (8.2%), Copper: 0.14mg (6.78%), Folate: 23.98µg (5.99%), Vitamin A: 261.49IU (5.23%), Calcium: 44.46mg (4.45%), Manganese: 0.05mg (2.27%), Vitamin C: 1.86mg (2.25%)