

food
network

 **54%**
HEALTH SCORE

Southwest Beef Tenderloin with Creamy Horseradish Sauce and Grilled Tomatoes

 **Gluten Free**

READY IN



40 min.

SERVINGS



8

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ancho chiles stemmed seeded
- 8 servings arugula leaves for garnish
- 4 pound beef tenderloin
- 1 cinnamon sticks
- 2 tablespoons coriander whole
- 0.3 cup horseradish freshly grated prepared
- 2 juice of lemon juiced

- 8 servings kosher salt and pepper black freshly ground
- 8 servings olive oil extra-virgin
- 1 pint cup heavy whipping cream sour
- 1 tablespoon paprika sweet
- 2 pounds tomatoes on the vine cut in 1/2
- 2 tablespoons cumin whole

Equipment

- bowl
- frying pan
- grill

Directions

- Heat the grill to medium-high.
- Put the ancho chiles, cumin, coriander, cinnamon stick, and paprika into a small dry skillet, put the pan over the heat, and toast the spices just until they begin to smell, about 1 minute. Empty into a spice mill and grind to a powder; set aside.
- In a small bowl combine the sour cream, lemon juice, horseradish, and
- tablespoon olive oil. Cover and refrigerate until ready to use.
- Drizzle some olive oil over the tenderloin and season it with salt and pepper.
- Sprinkle on about 1/2 of the spice mix and rub it into the meat. Grill for about 20 to 25 minutes for medium rare.
- Remove from the grill and allow the meat to rest for 5 to 10 minutes before slicing.
- Drizzle some olive oil over the tomatoes and season them with salt and pepper. Grill them for about 10 minutes.
- Slice the tenderloin and place it onto a platter.
- Drizzle the horseradish sauce over the meat and scatter the tomatoes around.
- Garnish with arugula leaves and serve.

Nutrition Facts



■ PROTEIN 5.14% ■ FAT 74.44% ■ CARBS 20.42%

Properties

Glycemic Index:24.25, Glycemic Load:1.5, Inflammation Score:-10, Nutrition Score:15.439130606859%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg 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: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 306.83kcal (15.34%), Fat: 26.8g (41.23%), Saturated Fat: 8.07g (50.45%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 11.52g (4.19%), Sugar: 9.72g (10.8%), Cholesterol: 34.9mg (11.63%), Sodium: 69.75mg (3.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin A: 4327.3IU (86.55%), Vitamin K: 40.13µg (38.22%), Vitamin C: 25.25mg (30.61%), Vitamin E: 3.5mg (23.34%), Manganese: 0.4mg (20.18%), Fiber: 5.03g (20.1%), Potassium: 620.03mg (17.72%), Vitamin B2: 0.25mg (14.94%), Iron: 2.37mg (13.15%), Calcium: 116.67mg (11.67%), Vitamin B6: 0.23mg (11.42%), Phosphorus: 104.92mg (10.49%), Folate: 41.18µg (10.3%), Magnesium: 40.77mg (10.19%), Vitamin B3: 1.72mg (8.59%), Copper: 0.13mg (6.65%), Vitamin B1: 0.08mg (5.35%), Zinc: 0.71mg (4.73%), Vitamin B5: 0.47mg (4.69%), Selenium: 2.89µg (4.14%), Vitamin B12: 0.12µg (2.07%)