



Soy Mustard-glazed Buffalo

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



1

CALORIES



2425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup firmly brown sugar packed
- 1 buffalo tenderloin whole quick (4 to 5 lbs.; see Tip below)
- 1 cup dijon mustard
- 3 tablespoons cooking sherry dry
- 3 tablespoons ginger fresh minced
- 3 tablespoons asian sesame oil toasted ()
- 3 tablespoons soya sauce

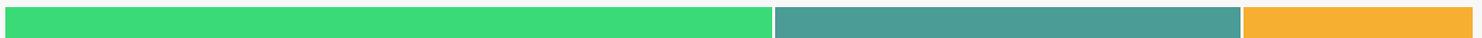
Equipment

- bowl
- oven
- roasting pan
- kitchen thermometer

Directions

- Preheat oven to 42
- Trim off or scrape free and discard all fibrous sinew and silvery membrane (if present) from buffalo tenderloin. Reserve any scraps of meat for other uses. To make an evenly shaped roast, tie snugly at 1 1/2- to 2-in. intervals with a cotton string, tucking thin end of meat under roast, if needed.
- In a small bowl, mix mustard, brown sugar, sherry, soy sauce, ginger, and sesame oil. Rub meat all over with a third of mustard sauce; reserve remaining sauce.
- Place meat on a flat rack in a 12- by 17-in. roasting pan. Roast for 30 minutes.
- Brush to coat with some of reserved mustard sauce. Continue to roast until a thermometer inserted in thickest part of roast registers 130 for rare (do not overcook buffalo or it will be very dry), 10 to 25 minutes longer.
- Transfer roast to a platter and let rest in a warm place 10 to 15 minutes.
- Pour remaining mustard sauce into a small serving bowl. Slice meat crosswise and offer sauce to spoon over each portion.

Nutrition Facts



PROTEIN 52.33% **FAT 31.85%** **CARBS 15.82%**

Properties

Glycemic Index:77, Glycemic Load:1.86, Inflammation Score:-9, Nutrition Score:59.857391689135%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 2424.74kcal (121.24%), Fat: 83.27g (128.1%), Saturated Fat: 18.68g (116.73%), Carbohydrates: 93.05g (31.02%), Net Carbohydrates: 81.49g (29.63%), Sugar: 76.38g (84.86%), Cholesterol: 965.6mg (321.87%), Sodium: 6474.55mg (281.5%), Alcohol: 4.64g (100%), Alcohol %: 0.32% (100%), Protein: 307.8g (615.6%), Selenium: 427.52µg (610.75%), Vitamin B12: 31.28µg (521.33%), Zinc: 48.21mg (321.42%), Phosphorus: 3118.09mg (311.81%), Iron: 46.81mg (260.07%), Vitamin B6: 3.89mg (194.42%), Vitamin B3: 31.25mg (156.24%), Potassium: 5260.61mg (150.3%), Copper: 2.45mg (122.44%), Magnesium: 487.65mg (121.91%), Vitamin B2: 1.58mg (92.91%), Manganese: 1.66mg (82.97%), Vitamin B1: 1.12mg (74.8%), Fiber: 11.56g (46.24%), Calcium: 303.95mg (30.39%), Vitamin E: 2.19mg (14.63%), Vitamin B5: 1.11mg (11.1%), Vitamin K: 9.65µg (9.19%), Folate: 30.64µg (7.66%), Vitamin A: 217.59IU (4.35%), Vitamin C: 2.05mg (2.48%)