



## Spiced Beef Tenderloin



Gluten Free



Dairy Free



Very Healthy

READY IN



120 min.

SERVINGS



2

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 5 lbs frangelico whole (see Notes)
- ☐ 2 tablespoons peppercorns green black (or a mix of and peppercorns)
- ☐ 2 tablespoons kosher salt
- ☐ 6 tablespoons t brown sugar dark packed
- ☐ 4 garlic clove crushed
- ☐ 1.5 teaspoons ground allspice
- ☐ 1.5 teaspoons ground cardamom
- ☐ 0.8 teaspoon ground cloves

- ☐ 1.5 teaspoons ground coriander
- ☐ 1.5 teaspoons ground ginger
- ☐ 1.5 teaspoons nutmeg
- ☐ 2 tablespoons vegetable oil divided

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

## Directions

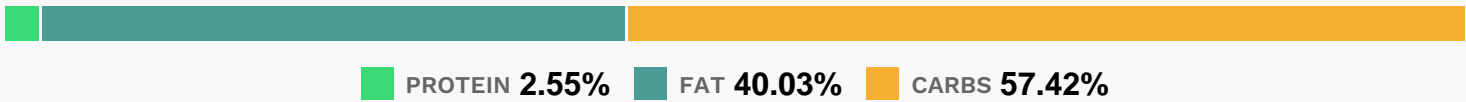
- ☐ Grind peppercorns in an electric spice grinder (or clean coffee grinder) to a medium grind. In a small bowl, combine pepper, brown sugar, salt, ginger, allspice, nutmeg, coriander, cardamom, and cloves; whisk to combine. Rub meat sparingly with crushed garlic slivers, then rub all over with spice mixture.
- ☐ Cut tenderloin crosswise in half. Wrap each half very tightly with several layers of plastic wrap (so that it looks swaddled), put in a rimmed pan, and refrigerate 4 days.
- ☐ Preheat oven to 40
- ☐ Heat 1 tbsp. oil in a large frying pan (not nonstick) over high heat.
- ☐ Add 1 piece of meat and sear until well browned on all sides, 7 to 10 minutes.
- ☐ Transfer to a rimmed baking pan and repeat with remaining oil and beef.
- ☐ Transfer baking pan to oven and cook meat until an instant-read thermometer inserted in thickest part registers 135, 20 to 30 minutes. (Halves may not cook at the same rate; after meat has been in the oven 20 minutes, begin taking temperature of both pieces of meat

every 5 minutes.)

- ☐
- Transfer to a carving board, tent with foil, and let rest 15 minutes.

☐☐

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:2.24, Inflammation Score:-6, Nutrition Score:11.247391182443%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 319.1kcal (15.95%), Fat: 15.16g (23.32%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 48.94g (16.31%), Net Carbohydrates: 44.13g (16.05%), Sugar: 35.54g (39.49%), Cholesterol: 0mg (0%), Sodium: 6994.21mg (304.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Manganese: 2.9mg (145.16%), Vitamin K: 42.56µg (40.53%), Fiber: 4.81g (19.23%), Iron: 2.38mg (13.23%), Calcium: 124.86mg (12.49%), Copper: 0.23mg (11.36%), Magnesium: 40.33mg (10.08%), Vitamin E: 1.29mg (8.58%), Potassium: 290.43mg (8.3%), Vitamin B6: 0.14mg (6.98%), Selenium: 3.14µg (4.49%), Phosphorus: 43.42mg (4.34%), Vitamin C: 3.15mg (3.81%), Zinc: 0.52mg (3.46%), Vitamin B1: 0.04mg (2.53%), Vitamin B5: 0.23mg (2.34%), Vitamin B3: 0.46mg (2.31%), Vitamin B2: 0.04mg (2.22%), Vitamin A: 66.52IU (1.33%), Folate: 4.3µg (1.08%)