



Spicy Grilled Beef Tenderloin

 Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound beef tenderloin
- ☐ 4 pints cherry tomatoes
- ☐ 0.5 bunch freshly cilantro leaves plus more for garnish chopped
- ☐ 0.5 pound feta cheese crumbled
- ☐ 2 juice of lime juiced
- ☐ 10 servings olive oil extra-virgin
- ☐ 0.5 onion red sliced thin
- ☐ 10 servings sea salt and pepper black freshly ground

☐ 1 serrano chili sliced thin

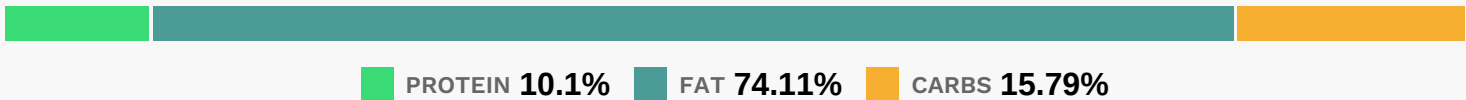
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Heat the broiler.
- ☐ Put the cherry tomatoes onto baking sheets, drizzle over some olive oil, and season with salt and pepper. Broil until the tomatoes burst, about 4 to 5 minutes.
- ☐ Remove from oven and allow them to cool a bit. In a large bowl add about 1/4 cup olive oil, juice of 2 limes, onion, chili, chopped cilantro, cheese, and the tomatoes.
- ☐ Mix carefully to avoid breaking up the tomatoes too much. Taste and adjust seasoning with salt and pepper; set aside.
- ☐ Heat the grill or a grill pan to medium. Rub the meat with some olive oil and season it generously with salt and pepper. Grill the tenderloin, browning it on all sides, until it is medium rare, about 15 to 20 minutes.
- ☐ Remove the meat to a cutting board, cover it with aluminum foil, and allow it to rest for 10 minutes before slicing.
- ☐ Slice the meat thin, place it on a platter, and spoon on the cheesy tomato dressing.
- ☐ Garnish with a drizzle of olive oil and cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:0.13, Inflammation Score:-8, Nutrition Score:11.098260755124%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 229.88kcal (11.49%), Fat: 19.62g (30.19%), Saturated Fat: 4.89g (30.57%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 7.9g (2.87%), Sugar: 5.6g (6.22%), Cholesterol: 15.65mg (5.22%), Sodium: 192.03mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.04%), Vitamin C: 45.74mg (55.44%), Vitamin A: 1144.6IU (22.89%), Vitamin E: 3.19mg (21.26%), Calcium: 152.21mg (15.22%), Vitamin K: 15.49µg (14.75%), Phosphorus: 143.34mg (14.33%), Potassium: 462.3mg (13.21%), Manganese: 0.23mg (11.28%), Vitamin B6: 0.18mg (8.98%), Iron: 1.45mg (8.05%), Copper: 0.16mg (7.81%), Selenium: 5.37µg (7.67%), Folate: 28.24µg (7.06%), Vitamin B12: 0.38µg (6.35%), Fiber: 1.5g (6%), Magnesium: 23.91mg (5.98%), Zinc: 0.87mg (5.79%), Vitamin B1: 0.08mg (5.49%), Vitamin B3: 1.04mg (5.21%), Vitamin B2: 0.08mg (4.97%), Vitamin D: 0.61µg (4.08%), Vitamin B5: 0.34mg (3.44%)