



Tenderloin Sandwiches

 Dairy Free

READY IN



35 min.

SERVINGS



24

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 beef tenderloins whole trimmed
- ☐ 24 servings dinner rolls for serving
- ☐ 24 servings grainy brown mustard for serving
- ☐ 24 servings horseradish for serving
- ☐ 0.3 cup olive oil
- ☐ 1 cup tri-colored peppercorns crushed

Equipment

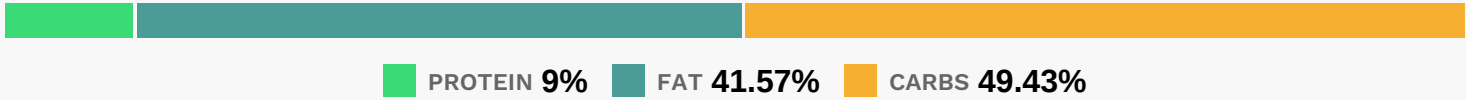
- ☐ oven

☐ roasting pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 475 degrees F.
- ☐ Brush the tenderloins with the olive oil and then roll in the crushed peppercorns.
- ☐ Place the meat on a roasting pan and roast for 20 to 25 minutes.
- ☐ Let rest for at least 5 minutes before thinly slicing.
- ☐ Serve with dinner rolls, grainy mustard and horseradish sauce.

Nutrition Facts



Properties

Glycemic Index:4.13, Glycemic Load:1.38, Inflammation Score:-2, Nutrition Score:6.2221740121427%

Nutrients (% of daily need)

Calories: 52.81kcal (2.64%), Fat: 2.84g (4.37%), Saturated Fat: 0.48g (3%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 4.68g (1.7%), Sugar: 0.55g (0.61%), Cholesterol: 0mg (0%), Sodium: 83.26mg (3.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Manganese: 1.29mg (64.73%), Vitamin K: 17.66µg (16.82%), Fiber: 2.91g (11.65%), Copper: 0.14mg (6.96%), Iron: 1.11mg (6.14%), Magnesium: 20.97mg (5.24%), Calcium: 51.4mg (5.14%), Potassium: 151.98mg (4.34%), Selenium: 2.65µg (3.79%), Vitamin E: 0.45mg (2.99%), Phosphorus: 23.57mg (2.36%), Vitamin B6: 0.04mg (1.83%), Vitamin B1: 0.02mg (1.66%), Vitamin B5: 0.16mg (1.61%), Vitamin C: 1.26mg (1.53%), Vitamin B2: 0.03mg (1.47%), Folate: 5.48µg (1.37%), Zinc: 0.2mg (1.33%), Vitamin A: 57.57IU (1.15%)