



Tenderloin with Grilled Antipasto Vegetables

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups arugula trimmed
- 1.5 pounds beef tenderloin trimmed
- 0.5 teaspoon pepper black freshly ground
- 2.5 tablespoons chile-garlic vinaigrette
- 0.3 teaspoon thyme leaves dried
- 0.1 teaspoon garlic powder
- 1 ounce parmesan cheese shaved
- 8 cups grilled antipasto vegetables

0.5 teaspoon salt

Equipment

grill

Directions

Prepare grill.

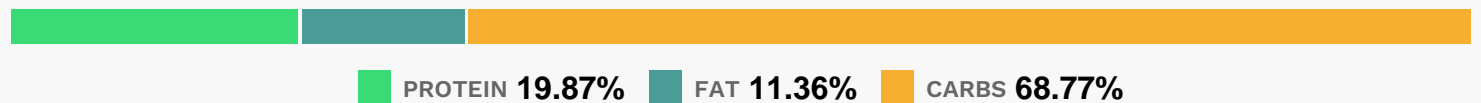
Combine first 4 ingredients; rub over beef.

Place beef on grill rack coated with cooking spray; grill 6 minutes on all 4 sides or until desired degree of doneness. Cover loosely; let stand 5 minutes.

Drizzle 2 1/2 tablespoons Chile-Garlic Vinaigrette over arugula; toss gently to coat.

Cut beef across grain into thin slices. Arrange beef, 8 cups Grilled Antipasto Vegetables, and arugula on a platter; top with cheese.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:10.48, Inflammation Score:-10, Nutrition Score:18.037826179162%

Flavonoids

Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 186.12kcal (9.31%), Fat: 2.58g (3.97%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 24.85g (9.04%), Sugar: 1.54g (1.71%), Cholesterol: 3.21mg (1.07%), Sodium: 735.23mg (31.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.29%), Vitamin A: 12678.41IU (253.57%), Fiber: 10.27g (41.08%), Manganese: 0.66mg (33.07%), Vitamin C: 27.26mg (33.04%), Folate: 83.81µg (20.95%), Vitamin B1: 0.3mg (20.3%), Phosphorus: 183.5mg (18.35%), Magnesium: 67.02mg (16.75%), Potassium: 571.34mg (16.32%), Vitamin B3: 3.1mg (15.48%), Vitamin K: 15.6µg (14.86%), Iron: 2.61mg (14.51%), Calcium: 139.64mg (13.96%), Vitamin B2: 0.23mg (13.76%), Vitamin B6: 0.25mg (12.44%), Copper: 0.24mg (12.02%), Zinc: 1.29mg (8.61%), Vitamin B5: 0.48mg (4.78%), Selenium: 2.1µg (3%)