



## Tenderloin with Spicy Gorgonzola-Pine Nut-Herb Butter

 **Gluten Free**

READY IN



**25 min.**

SERVINGS



**8**

CALORIES



**165 kcal**

**SIDE DISH**

### Ingredients

- 8 ounce beef tenderloin filets
- 2 tablespoons rosemary fresh minced
- 3 tablespoons thyme leaves fresh minced
- 2 garlic cloves
- 0.5 cup gorgonzola blue crumbled
- 8 servings kosher salt and pepper freshly ground to taste
- 2 tablespoons parsley fresh italian minced

- 0.3 cup pinenuts
- 1 teaspoon pepper flakes red crushed
- 0.5 cup butter unsalted softened

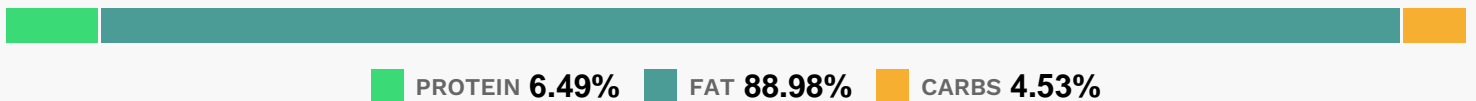
## Equipment

- food processor
- bowl
- grill

## Directions

- Preheat an outdoor grill for medium-high heat.
- Place the softened butter, Gorgonzola cheese, thyme, rosemary, parsley, red pepper flakes, garlic, and pine nuts into the bowl of a food processor. Puree until incorporated, taste, then season to taste with salt and pepper.
- Season the steaks on all sides with salt and pepper. Grill to desired doneness on preheated grill, about 5 minutes per side for medium rare. To serve, top each with about 2 tablespoons of the butter.

## Nutrition Facts



## Properties

Glycemic Index:16.75, Glycemic Load:0.26, Inflammation Score:-10, Nutrition Score:5.3869565207025%

## Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 165.39kcal (8.27%), Fat: 16.94g (26.05%), Saturated Fat: 9.11g (56.92%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.24g (0.26%), Cholesterol: 36.83mg (12.28%), Sodium: 297.62mg

(12.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Manganese: 0.44mg (22.07%), Vitamin K: 20.15µg (19.19%), Vitamin A: 717.91IU (14.36%), Vitamin C: 5.91mg (7.17%), Phosphorus: 65.91mg (6.59%), Calcium: 64.53mg (6.45%), Vitamin E: 0.85mg (5.65%), Iron: 0.87mg (4.85%), Magnesium: 18.53mg (4.63%), Copper: 0.08mg (4.19%), Zinc: 0.59mg (3.95%), Vitamin B2: 0.06mg (3.76%), Fiber: 0.73g (2.92%), Potassium: 82.98mg (2.37%), Vitamin B6: 0.04mg (2.23%), Selenium: 1.55µg (2.22%), Vitamin B12: 0.13µg (2.12%), Folate: 8.24µg (2.06%), Vitamin B5: 0.2mg (2%), Vitamin B3: 0.38mg (1.89%), Vitamin D: 0.25µg (1.7%), Vitamin B1: 0.02mg (1.53%)