



# Teriyaki Beef Tenderloin

 Dairy Free  Low Fod Map

READY IN



55 min.

SERVINGS



8

CALORIES



52 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup beef broth reduced-sodium
- 0.5 cup soy sauce reduced-sodium
- 1 envelope onion soup mix
- 0.3 cup brown sugar packed
- 2 pounds frangelico
- 2 tablespoons water

## Equipment

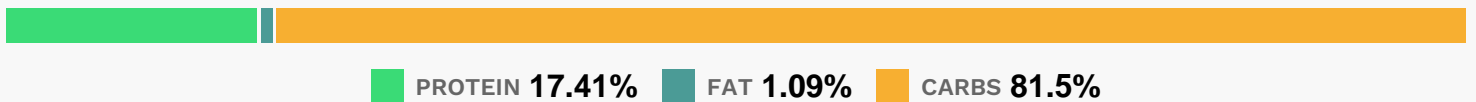
- bowl

- sauce pan
- oven
- roasting pan
- kitchen thermometer

## Directions

- In a large bowl, combine the sherry, soy sauce, soup mix and brown sugar.
- Pour 1 cup into a shallow dish; add tenderloin and turn to coat. Cover and refrigerate for 5 hours or overnight. Cover and refrigerate remaining marinade.
- Preheat oven to 425&deg;.
- Drain and discard marinade.
- Place tenderloin on a rack in a shallow roasting pan.
- Bake, uncovered, 45–50 minutes or until meat reaches desired doneness (for medium–rare, a thermometer should read 135&deg;; medium, 140&deg;; medium–well, 145&deg;), basting often with 1/3 cup reserved marinade.
- Let stand for 10–15 minutes.
- Meanwhile, in a small saucepan, bring water and remaining marinade to a rolling boil 1 minute or until sauce is slightly reduced. Slice beef; serve with sauce.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.6547826140633%

## Nutrients (% of daily need)

Calories: 51.73kcal (2.59%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 10.45g (3.8%), Sugar: 6.98g (7.76%), Cholesterol: 0mg (0%), Sodium: 1032.41mg (44.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Manganese: 0.11mg (5.26%), Potassium: 161.29mg (4.61%), Phosphorus: 37.28mg (3.73%), Magnesium: 14.65mg (3.66%), Vitamin B2: 0.05mg (3.06%), Vitamin B6: 0.06mg (2.87%), Iron: 0.33mg (1.81%), Calcium: 17.75mg (1.77%), Folate: 7.08µg (1.77%), Fiber: 0.44g (1.77%), Copper: 0.03mg (1.46%), Vitamin B1: 0.02mg (1.36%), Vitamin B3: 0.26mg (1.31%), Zinc: 0.18mg (1.23%), Vitamin B5: 0.1mg (1.03%)