



## Baltimore Beef Bad Boy

READY IN



55 min.

SERVINGS



8

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 servings pepper black freshly ground
- 1 teaspoon chili powder
- 1 teaspoon garlic minced
- 1 tablespoon garlic powder
- 0.5 cup horseradish hot prepared
- 1 teaspoon juice of lemon fresh
- 0.5 cup mayonnaise
- 1 tablespoon onion powder
- 2 teaspoons oregano dried

- 1 tablespoon paprika
- 16 slices cocktail rye bread lightly toasted
- 0.5 teaspoon sea salt fine
- 1 tablespoon sea salt fine
- 0.5 cup cup heavy whipping cream sour
- 2 pounds beef top round cut into 2 equal pieces
- 2 onions paper-thin white sliced

## Equipment

- bowl
- knife
- grill
- ziploc bags
- grill pan

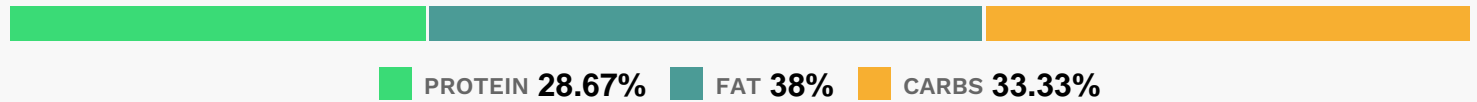
## Directions

- Combine the spices for the meat in a resealable 1-gallon plastic bag and shake to mix thoroughly.
- Add 1 piece of meat, shake it around in the bag, remove it and repeat with the second piece of meat.
- Add the first piece back to the bag, seal and marinate as long as you can in the refrigerator -- 24 to 48 hours is recommended. But if you can't wait, just go for it. It won't be as over-the-top, but it will still be really good.
- Make the sour cream-horseradish sauce: In a medium bowl, combine the sour cream, mayonnaise, lemon juice, horseradish, garlic, sea salt, and pepper to taste.
- Mix thoroughly and refrigerate for at least 4 hours.
- Twenty minutes before you plan on grilling, remove the meat from the refrigerator and let it sit at room temperature. Preheat a grill or a large grill pan to high.
- Grill the meat for 10 to 15 minutes (7 1/2 minutes per side), or until desired doneness. (It's best at medium rare, about 140 degrees F or 145 degrees F.) Set the meat aside, cover and let rest for 5 to 10 minutes.

Slice the meat paper-thin with a knife or a countertop deli slicer. Divide the meat among 8 bread slices, spread some sour cream-horseradish sauce on each one, then add a few rings of onion slices and top with the rest of the bread.

Photograph by Yunhee Kim

## Nutrition Facts



## Properties

Glycemic Index:31.42, Glycemic Load:15.37, Inflammation Score:-8, Nutrition Score:25.373912870884%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

## Nutrients (% of daily need)

Calories: 465.64kcal (23.28%), Fat: 19.52g (30.03%), Saturated Fat: 4.86g (30.39%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 32.98g (11.99%), Sugar: 5.63g (6.26%), Cholesterol: 83.53mg (27.84%), Sodium: 1639.5mg (71.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.13g (66.26%), Selenium: 57.92µg (82.74%), Vitamin B3: 10.49mg (52.46%), Vitamin B6: 0.93mg (46.31%), Zinc: 6.29mg (41.92%), Phosphorus: 372.48mg (37.25%), Manganese: 0.69mg (34.31%), Vitamin K: 29.75µg (28.34%), Vitamin B1: 0.42mg (27.82%), Vitamin B12: 1.58µg (26.3%), Iron: 4.73mg (26.3%), Folate: 104.48µg (26.12%), Vitamin B2: 0.44mg (25.73%), Fiber: 5.54g (22.15%), Potassium: 682.39mg (19.5%), Magnesium: 67.69mg (16.92%), Copper: 0.29mg (14.54%), Vitamin A: 618.21IU (12.36%), Vitamin B5: 1.22mg (12.19%), Calcium: 118.78mg (11.88%), Vitamin E: 1.51mg (10.09%), Vitamin C: 6.75mg (8.18%)