



Beef and Horseradish Sauce Sandwich

READY IN



62 min.

SERVINGS



4

CALORIES



1152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch arugula
- ☐ 4 servings pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 1.5 tablespoons dijon mustard
- ☐ 2 teaspoons coarsely ground pepper black
- ☐ 0.5 tablespoon horseradish prepared
- ☐ 2 teaspoons kosher salt
- ☐ 4 servings kosher salt
- ☐ 2 pounds beef trimmed

- ☐ 0.8 cup mayonnaise good
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 1 tablespoon butter unsalted at room temperature
- ☐ 4 servings butter unsalted at room temperature
- ☐ 1 tablespoon whole-grain mustard
- ☐ 1 loaf health

Equipment

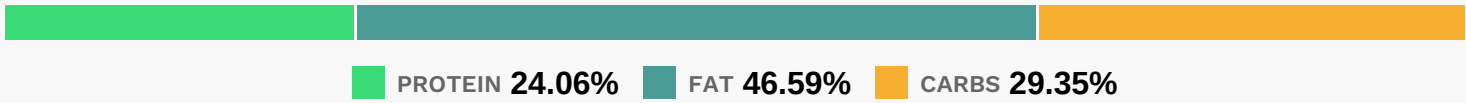
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 500 degrees F.
- ☐ Place the beef on a baking sheet and pat the outside dry with a paper towel.
- ☐ Mix the unsalted butter and mustard together in a small bowl and spread the mixture over the beef with your hands.
- ☐ Sprinkle evenly with the salt and pepper. Roast in the oven for exactly 22 minutes for rare and 25 minutes for medium-rare.
- ☐ Remove the beef from the oven, cover it tightly with aluminum foil, and allow it to rest at room temperature for 20 minutes.
- ☐ Remove the strings and slice the fillet thickly.
- ☐ To make the sandwiches, cut the bread into 1/4-inch thick slices.
- ☐ Spread 4 of the slices thickly with the Mustard Horseradish Sauce. Top with slices of beef and arugula and sprinkle with salt and pepper.
- ☐ Spread 4 more slices of bread very lightly with butter and place, butter side down, on top of the beef.

- ☐ Whisk together the mayonnaise, mustards, horseradish, sour cream, and a pinch of salt in a small bowl.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:83.92, Glycemic Load:43.91, Inflammation Score:-9, Nutrition Score:50.361739552539%

Flavonoids

Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Kaempferol: 9.86mg, Kaempferol: 9.86mg, Kaempferol: 9.86mg, Kaempferol: 9.86mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 1152.14kcal (57.61%), Fat: 59.11g (90.94%), Saturated Fat: 16.24g (101.51%), Carbohydrates: 83.78g (27.93%), Net Carbohydrates: 75.73g (27.54%), Sugar: 11.08g (12.31%), Cholesterol: 180.07mg (60.02%), Sodium: 2712.41mg (117.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.69g (137.37%), Selenium: 93.5µg (133.58%), Manganese: 2.33mg (116.71%), Vitamin B3: 22.14mg (110.69%), Vitamin K: 110.93µg (105.65%), Zinc: 13.64mg (90.9%), Vitamin B12: 5.16µg (85.96%), Phosphorus: 712.26mg (71.23%), Iron: 12.32mg (68.44%), Vitamin B6: 1.12mg (55.82%), Vitamin B1: 0.83mg (55.42%), Vitamin B2: 0.85mg (49.9%), Folate: 187.96µg (46.99%), Magnesium: 141.58mg (35.4%), Potassium: 1182.05mg (33.77%), Fiber: 8.05g (32.2%), Vitamin B5: 3.12mg (31.24%), Calcium: 303.03mg (30.3%), Copper: 0.48mg (24.14%), Vitamin A: 964.47IU (19.29%), Vitamin E: 2.73mg (18.17%), Vitamin C: 5.14mg (6.23%), Vitamin D: 0.44µg (2.92%)