



Beef Carpaccio

 Gluten Free

READY IN



155 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 handfuls arugula mixed
- ☐ 8 ounces beef tenderloin from the tip end of the roast
- ☐ 4 servings pepper black freshly ground
- ☐ 4 servings kosher salt
- ☐ 4 servings parmesan shaved
- ☐ 4 servings balsamic vinaigrette salad dressing your favorite

Equipment

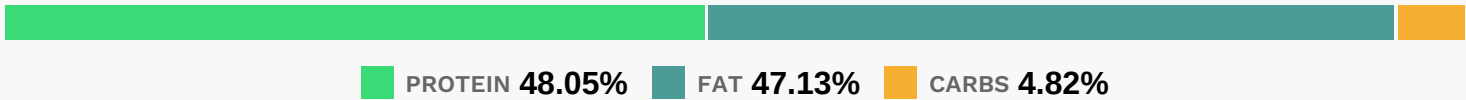
- ☐ plastic wrap

☐ meat tenderizer

Directions

- ☐ Watch how to make this recipe.
- ☐ Wrap the tenderloin in plastic wrap and place in the freezer for 2 hours.
- ☐ After 2 hours, unwrap the tenderloin and thinly slice the beef into approximately into 1/8 to 1/4-inch pieces.
- ☐ Lay out sheets of plastic wrap and place each slice onto the plastic. Top with another piece of plastic and gently pound the meat with a meat mallet until paper thin. Repeat until all of the meat is sliced and pounded. Divide the meat evenly among 4 chilled plates.
- ☐ Serve with greens tossed with vinaigrette, salt, pepper and/or Parmesan.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:11.958695612848%

Nutrients (% of daily need)

Calories: 197.91kcal (9.9%), Fat: 10.18g (15.66%), Saturated Fat: 5.67g (35.44%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 2.32g (0.84%), Sugar: 0.27g (0.3%), Cholesterol: 51.58mg (17.19%), Sodium: 717.71mg (31.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.72%), Calcium: 372.3mg (37.23%), Phosphorus: 339.06mg (33.91%), Selenium: 23.26µg (33.23%), Zinc: 3.25mg (21.68%), Vitamin B6: 0.42mg (20.78%), Vitamin B3: 3.91mg (19.54%), Vitamin B12: 1.07µg (17.81%), Vitamin A: 689.25IU (13.78%), Vitamin B2: 0.2mg (11.58%), Vitamin C: 9.28mg (11.25%), Iron: 1.52mg (8.44%), Potassium: 288.92mg (8.25%), Magnesium: 30.82mg (7.7%), Folate: 23.72µg (5.93%), Vitamin B5: 0.54mg (5.41%), Vitamin B1: 0.07mg (4.91%), Copper: 0.09mg (4.3%), Manganese: 0.09mg (4.27%), Vitamin K: 2.29µg (2.18%), Vitamin E: 0.27mg (1.77%)