



Beef Paillards with Watercress and Herb Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce beef tenderloin steaks thick (beef-tenderloin steaks;)
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.3 cup mint leaves fresh
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 2 servings lime wedges
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1.5 tablespoons vegetable oil
- ☐ 2 cups watercress

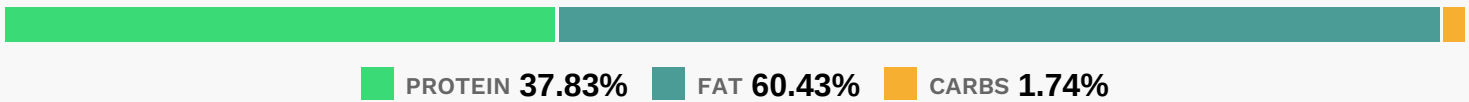
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Cut each filet horizontally (across the grain) into three equal pieces. Gently pound filets between sheets of plastic wrap to 1/4-inch thickness using a flat meat pounder or a rolling pin.
- ☐ Whisk together lime juice, olive oil, and salt and pepper to taste, then toss with watercress, cilantro, and mint.
- ☐ Pat 2 paillards dry and season with salt and pepper.
- ☐ Heat 3/4 tablespoon of vegetable oil in a 10-inch heavy skillet over high heat until just beginning to smoke, then sauté paillards, turning once, 1 minute for medium-rare.
- ☐ Transfer to a plate. Dry and season remaining paillards and sauté in same manner with remaining oil.
- ☐ Top paillards with salad.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:0.12, Inflammation Score:-8, Nutrition Score:25.888695426609%

Flavonoids

Eriodictyol: 1.82mg, Eriodictyol: 1.82mg, Eriodictyol: 1.82mg, Eriodictyol: 1.82mg Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.83mg, Kaempferol: 7.83mg, Kaempferol: 7.83mg, Kaempferol: 7.83mg

7.83mg, Kaempferol: 7.83mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg
Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg

Nutrients (% of daily need)

Calories: 413.17kcal (20.66%), Fat: 27.39g (42.14%), Saturated Fat: 6.27g (39.2%), Carbohydrates: 1.77g (0.59%), Net
Carbohydrates: 1.05g (0.38%), Sugar: 0.17g (0.18%), Cholesterol: 108.86mg (36.29%), Sodium: 110.39mg (4.8%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.58g (77.16%), Vitamin K: 116.24µg (110.71%), Selenium: 52.21µg
(74.59%), Vitamin B6: 1.11mg (55.7%), Vitamin B3: 11.09mg (55.47%), Zinc: 6.87mg (45.78%), Phosphorus: 381.67mg
(38.17%), Vitamin A: 1461.22IU (29.22%), Vitamin B12: 1.58µg (26.37%), Vitamin C: 18.36mg (22.26%), Potassium:
762.25mg (21.78%), Vitamin E: 2.77mg (18.47%), Iron: 3.16mg (17.56%), Vitamin B2: 0.26mg (15.32%), Magnesium:
51.64mg (12.91%), Vitamin B5: 1.24mg (12.45%), Vitamin B1: 0.16mg (10.91%), Calcium: 94.16mg (9.42%), Copper:
0.18mg (9.01%), Manganese: 0.18mg (8.85%), Folate: 33.28µg (8.32%), Fiber: 0.72g (2.88%)