



Beef Sliders With Horseradish Cream

READY IN



30 min.

SERVINGS



12

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 pounds beef tenderloin cut into twelve 1/4-to- 1/2-inch-thick pieces
- 1.5 teaspoons dijon mustard
- 0.8 cup horseradish drained
- 12 servings kosher salt and pepper freshly ground
- 0.3 cup mayonnaise
- 12 servings onion rings for topping
- 12 slider buns split
- 2 tablespoons cup heavy whipping cream sour
- 0.5 teaspoon sugar

4 tablespoons butter unsalted

Equipment

bowl

frying pan

oven

Directions

Mix the horseradish, mayonnaise, sour cream, mustard, sugar, 3/4 teaspoon salt and 1/4 teaspoon pepper in a bowl. Cover and chill at least 2 hours.

Make the sliders: Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat.

Add the bun bottoms, cut-side down, and cook until golden; set aside. Melt 1 more tablespoon butter in the skillet and toast the bun tops until golden; set aside.

Season the beef generously with salt and pepper.

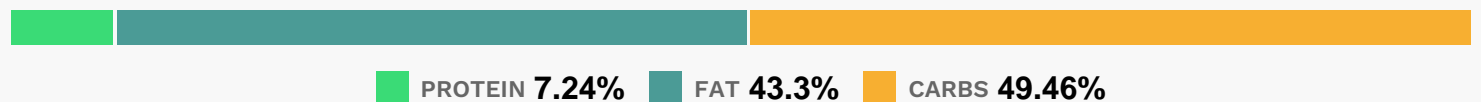
Heat the remaining 2 tablespoons butter in a large cast-iron skillet over medium-high heat. Working in batches, add the beef and cook until browned but still pink in the center, about 2 minutes per side. (You can also cook the tenderloin in one piece: Brown on all sides, then roast in a 425 degrees F oven, 10 to 15 minutes.

Let rest, then slice into 12 pieces.)

Assemble the sliders: Put a slice of beef on each bun bottom. Top each with a generous spoonful of the horseradish cream, some onion rings and a bun top.

Photograph by Kat Teutsch

Nutrition Facts



Properties

Glycemic Index:17.84, Glycemic Load:1.69, Inflammation Score:-4, Nutrition Score:3.3343478000682%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg,

Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin:
11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 186.88kcal (9.34%), Fat: 9.1g (14.01%), Saturated Fat: 3.18g (19.9%), Carbohydrates: 23.39g (7.8%), Net
Carbohydrates: 20.68g (7.52%), Sugar: 6.29g (6.99%), Cholesterol: 13.17mg (4.39%), Sodium: 296.63mg (12.9%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.85%), Fiber: 2.72g (10.87%), Vitamin C: 7.83mg (9.49%),
Vitamin K: 8.39µg (7.99%), Iron: 1.08mg (6.02%), Calcium: 49.58mg (4.96%), Folate: 19.54µg (4.88%), Manganese:
0.09mg (4.68%), Vitamin B6: 0.08mg (3.94%), Potassium: 122.73mg (3.51%), Vitamin A: 133.96IU (2.68%),
Magnesium: 10.19mg (2.55%), Phosphorus: 24.9mg (2.49%), Vitamin B1: 0.03mg (1.92%), Vitamin E: 0.28mg (1.89%),
Copper: 0.03mg (1.64%), Selenium: 1.14µg (1.62%), Zinc: 0.24mg (1.6%), Vitamin B2: 0.02mg (1.45%), Vitamin B5:
0.1mg (1.03%)