



HEALTH SCORE

78%

Beef with peppercorn sauce & sauté potatoes



Gluten Free



Very Healthy

READY IN



50 min.

SERVINGS



2

CALORIES



953 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 medium potatoes diced
- ☐ 2 tbsp olive oil
- ☐ 1 garlic clove crushed
- ☐ 9 servings rosemary chopped
- ☐ 2 beef rib steak thin
- ☐ 2 tbsp red wine vinegar
- ☐ 200 ml beef stock
- ☐ 3 tbsp double cream

☐ 2 servings green beans

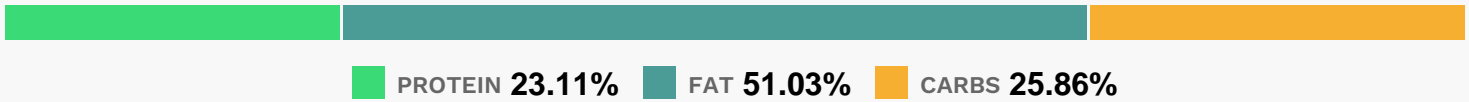
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the potatoes with half the oil, the garlic, rosemary and some seasoning. Arrange in a single layer on a baking tray and cook for 45 mins, turning halfway through, until golden and crisp.
- ☐ About 10 mins before the potatoes are done, heat the remaining oil in a large pan on a high heat. Season the steak with salt and lots of black pepper and cook for 2-3 mins each side.
- ☐ Transfer to a plate and cover with foil to rest while you make the sauce.
- ☐ Tip in the vinegar and bubble for a few seconds, then pour in the stock. Reduce by half, then add the cream, some salt if needed, and lots of black pepper. Cook for 1-2 mins until thick and creamy.
- ☐ Serve the steaks in chunky slices topped with sauce along with the potatoes, with some green beans, if you like.

Nutrition Facts



Properties

Glycemic Index:114.88, Glycemic Load:42.15, Inflammation Score:-8, Nutrition Score:43.516086961912%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.76mg, Quercetin:

3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 953.15kcal (47.66%), Fat: 54.65g (84.08%), Saturated Fat: 21.5g (134.39%), Carbohydrates: 62.33g (20.78%), Net Carbohydrates: 53.59g (19.49%), Sugar: 5.5g (6.12%), Cholesterol: 163.29mg (54.43%), Sodium: 348.87mg (15.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.69g (111.38%), Vitamin B6: 2.01mg (100.6%), Zinc: 12.92mg (86.1%), Vitamin C: 70.6mg (85.58%), Selenium: 58.56µg (83.66%), Vitamin B3: 15.75mg (78.75%), Potassium: 2292.13mg (65.49%), Vitamin B12: 3.79µg (63.13%), Phosphorus: 576.75mg (57.68%), Vitamin B2: 0.84mg (49.28%), Iron: 7.54mg (41.92%), Vitamin K: 42.39µg (40.37%), Magnesium: 145.33mg (36.33%), Vitamin B1: 0.54mg (36.19%), Fiber: 8.74g (34.95%), Manganese: 0.65mg (32.41%), Copper: 0.62mg (31.05%), Folate: 80.41µg (20.1%), Vitamin E: 2.49mg (16.61%), Vitamin A: 764.75IU (15.3%), Vitamin B5: 1.14mg (11.36%), Calcium: 106.98mg (10.7%), Vitamin D: 0.59µg (3.91%)