



Broiled Steak with Horseradish Cream



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 2 tablespoons bottled horseradish drained
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

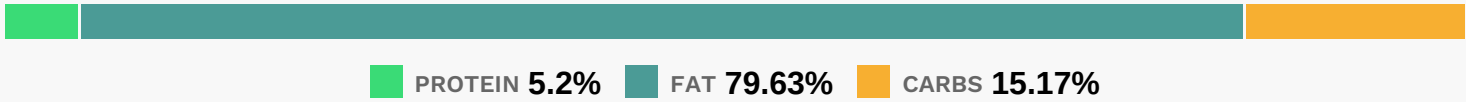
- ☐ bowl
- ☐ aluminum foil
- ☐ broiler

- ☐ cutting board
- ☐ broiler pan

Directions

- ☐ Preheat broiler. Oil rack of a broiler pan.
- ☐ Pat steak dry and sprinkle all over with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Broil steak on rack of broiler pan 3 inches from heat 4 to 5 minutes per side for medium-rare.
- ☐ Transfer to a cutting board and let stand, loosely covered with foil, 5 minutes.
- ☐ Stir together sour cream, horseradish, and remaining 1/4 teaspoon salt and 1/4 teaspoon pepper in a small bowl and serve with steak.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:1.4808695705041%

Nutrients (% of daily need)

Calories: 61.47kcal (3.07%), Fat: 5.64g (8.68%), Saturated Fat: 2.92g (18.22%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 2.08g (0.75%), Sugar: 1.58g (1.76%), Cholesterol: 16.96mg (5.65%), Sodium: 476.52mg (20.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Vitamin A: 181.31IU (3.63%), Calcium: 35.17mg (3.52%), Manganese: 0.06mg (3.08%), Vitamin B2: 0.05mg (2.99%), Vitamin C: 2.13mg (2.58%), Phosphorus: 24.77mg (2.48%), Selenium: 1.29µg (1.85%), Potassium: 59.46mg (1.7%), Folate: 6.06µg (1.52%), Magnesium: 5.55mg (1.39%), Fiber: 0.34g (1.37%), Vitamin K: 1.14µg (1.09%), Vitamin B5: 0.11mg (1.09%), Zinc: 0.16mg (1.08%), Vitamin B12: 0.06µg (1.01%)