



## Caramelized Onion Topped Steaks with Creamy Horseradish Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 oz beef tenderloin steaks
- 0.3 cup knudsen cream fat free sour
- 1 Tbsp horseradish
- 0.8 cup onion thinly sliced
- 0.3 cup south beach livingâ„ç dressing italian

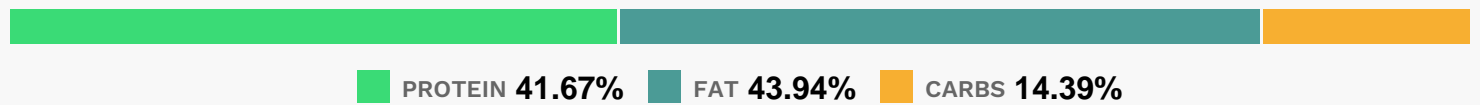
### Equipment

- frying pan

## Directions

- Cook onions in dressing in large skillet on medium heat until tender, stirring occasionally. Push onions to one side of skillet.
- Add steaks to other side of skillet; cook 5 min. on each side for medium doneness (160F).
- Meanwhile, combine sour cream and horseradish.
- Place steaks on serving plates; top with the onions.
- Serve with the horseradish sauce.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:0.72, Inflammation Score:-3, Nutrition Score:13.263043546158%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

## Nutrients (% of daily need)

Calories: 255.39kcal (12.77%), Fat: 12.17g (18.72%), Saturated Fat: 3.33g (20.84%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 8.33g (3.03%), Sugar: 4.94g (5.49%), Cholesterol: 80.27mg (26.76%), Sodium: 232.4mg (10.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.97g (51.94%), Selenium: 36.35µg (51.93%), Vitamin B6: 0.75mg (37.4%), Vitamin B3: 7.34mg (36.68%), Zinc: 4.68mg (31.21%), Phosphorus: 267.08mg (26.71%), Vitamin B12: 1.11µg (18.53%), Potassium: 478.47mg (13.67%), Vitamin K: 11.86µg (11.29%), Iron: 1.94mg (10.8%), Vitamin B2: 0.17mg (10.17%), Magnesium: 32mg (8%), Vitamin B5: 0.8mg (7.96%), Vitamin B1: 0.11mg (7.27%), Folate: 24.79µg (6.2%), Vitamin E: 0.84mg (5.59%), Calcium: 53.32mg (5.33%), Copper: 0.11mg (5.26%), Vitamin C: 3.25mg (3.94%), Manganese: 0.07mg (3.64%), Fiber: 0.63g (2.53%)