



## Carne Salada with Pickled Onions

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



101 kcal

SIDE DISH

### Ingredients

- 1 slices baguette toasted
- 1.3 pound beef tenderloin trimmed
- 0.3 cup pepper smoked black
- 0.5 cup kosher salt
- 10 servings pickled onions
- 0.5 cup salt smoked coarse-grained
- 0.7 cup sugar

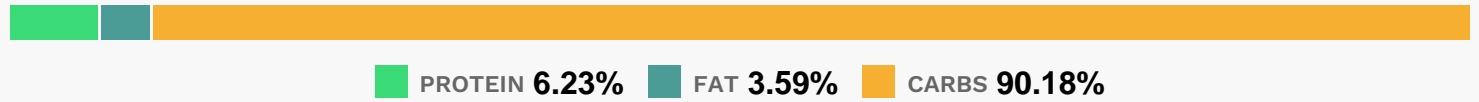
### Equipment

- bowl
- frying pan
- cheesecloth

## Directions

- Combine sugar and kosher salt in a small bowl.
- Combine smoked salt and smoked pepper; rub on beef.
- Place in a deep pan, and cover with sugar mixture. Chill, uncovered, 2 days, turning beef occasionally.
- Remove beef from curing mixture, wiping away all residue. Wrap beef in cheesecloth, and hang above a bowl in the refrigerator (to drain away liquid) 8 hours or overnight.
- Cut beef into very thin slices. Top baguette slices with beef and Pickled Onions.

## Nutrition Facts



## Properties

Glycemic Index:20.08, Glycemic Load:12.47, Inflammation Score:-4, Nutrition Score:6.1291305059972%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 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

## Nutrients (% of daily need)

Calories: 101.42kcal (5.07%), Fat: 0.44g (0.68%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 22g (8%), Sugar: 15.84g (17.6%), Cholesterol: 0mg (0%), Sodium: 11341.02mg (493.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Manganese: 1.12mg (56.06%), Vitamin K: 13.23µg (12.6%), Fiber: 3g (11.99%), Copper: 0.14mg (7%), Iron: 1.09mg (6.08%), Calcium: 58.09mg (5.81%), Potassium: 191.68mg (5.48%), Magnesium: 20.11mg (5.03%), Vitamin C: 4.07mg (4.93%), Vitamin B6: 0.09mg (4.61%), Folate: 15.21µg (3.8%), Vitamin B1: 0.05mg (3.5%), Phosphorus: 31.45mg (3.15%), Vitamin B2: 0.04mg (2.46%), Vitamin B5: 0.19mg (1.9%), Selenium: 1.32µg (1.89%), Zinc: 0.24mg (1.62%), Vitamin B3: 0.3mg (1.5%)