



## Classic Steak Tartare

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



74 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 ounces frangelico refrigerated cut into small dice, covered, and
- 2 teaspoons capers drained and rinsed
- 0.8 teaspoon pepper crushed
- 3 teaspoons dijon mustard
- 2 large egg yolk
- 3 dashes hot sauce (such as Tabasco)
- 3 medium anchovy minced rinsed (optional, adjust salt if added)
- 4 teaspoons olive oil

- 2 tablespoons flat parsley italian finely chopped
- 2 tablespoons onion red finely chopped
- 4 dashes worcestershire sauce

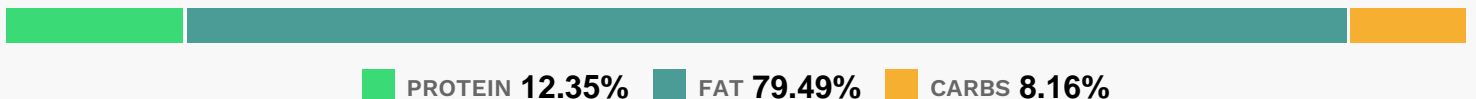
## Equipment

- bowl
- spatula

## Directions

- Combine anchovies (if using), capers, and mustard in a nonreactive bowl. Using a fork or the back of a spoon, mash ingredients until evenly combined; mix in egg yolks. Use a rubber spatula to fold remaining ingredients into mustard mixture until thoroughly combined. Season well with salt and freshly ground black pepper.
- Serve immediately with toast points or french fries. Beverage pairing: Joseph Drouhin Véro Pinot Noir, France. Steak tartare is a classic dish of Burgundy, so a Burgundian Pinot Noir is naturally a good wine choice. This one is inexpensive, simple, but pleasantly lively, with lovely flavors of cherry and raspberry. A peppery note will resonate with the tartare as well as the wine's sprightly acidity.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:4.76695658331333%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

## Nutrients (% of daily need)

Calories: 73.73kcal (3.69%), Fat: 6.61g (10.17%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.46g (0.51%), Cholesterol: 93.6mg (31.2%), Sodium: 98.67mg (4.29%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin K: 36µg (34.29%), Selenium: 7.25µg (10.36%), Vitamin A: 408.79IU (8.18%), Vitamin E: 0.99mg (6.63%), Phosphorus: 46.86mg (4.69%), Folate: 17.35µg (4.34%), Vitamin C: 3.28mg (3.97%), Vitamin B2: 0.06mg (3.8%), Iron: 0.68mg (3.78%), Vitamin B12: 0.18µg (3.07%), Vitamin D: 0.46µg (3.06%), Vitamin B5: 0.3mg (3.03%), Vitamin B3: 0.53mg (2.67%), Vitamin B6: 0.05mg (2.63%), Calcium: 24.4mg (2.44%), Zinc: 0.32mg (2.15%), Vitamin B1: 0.03mg (1.97%), Manganese: 0.04mg (1.96%), Fiber: 0.47g (1.9%), Potassium: 60.62mg (1.73%), Copper: 0.03mg (1.5%), Magnesium: 5.98mg (1.49%)