



Cold roast beef with beetroot salad & horseradish cream

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 slices pan drippings from roast beef preferably leftover thin
- ☐ 3 small beets cooked sliced cut into fine matchsticks
- ☐ 1 shallots finely chopped
- ☐ 1 tbsp sherry vinegar
- ☐ 4 tbsp olive oil
- ☐ 1 leaves seafood
- ☐ 5 tbsp horseradish grated

- ☐ 4 tbsp crème fraîche
- ☐ 1 pinch ground mustard
- ☐ 2 juice of lemon
- ☐ 4 handfuls frangelico such as frisée, mizuna and watercress
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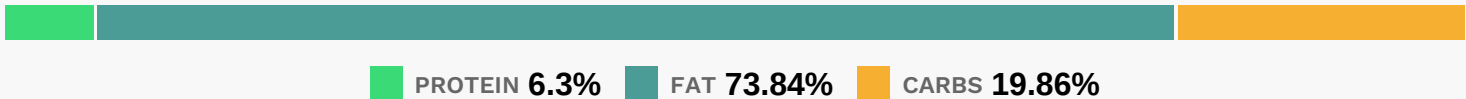
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To make the horseradish cream, whisk all the ingredients together with salt and pepper until spoonable, then set aside.
- ☐ Lay the slices of beef on four serving plates. In a bowl, mix the beetroot, shallot and salad leaves together. Dress with the sherry vinegar and 3 tbsp of the olive oil, then gently toss.
- ☐ Neatly pile a mound of salad into the centre of each plate and scatter some microleaves around the outside. Top the salad with a neat spoonful of horseradish cream, drizzle with the remaining olive oil and serve.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:3.21, Inflammation Score:-4, Nutrition Score:6.5013043103011%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 199.09kcal (9.95%), Fat: 16.93g (26.05%), Saturated Fat: 3.27g (20.46%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 7.77g (2.83%), Sugar: 6.6g (7.33%), Cholesterol: 11.07mg (3.69%), Sodium: 235.46mg (10.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Vitamin C: 17.02mg (20.64%), Folate: 78.89µg (19.72%), Vitamin E: 2.12mg (14.16%), Manganese: 0.24mg (11.96%), Fiber: 2.47g (9.88%), Potassium: 303.3mg (8.67%), Vitamin K: 9.03µg (8.6%), Magnesium: 23.96mg (5.99%), Phosphorus: 58.26mg (5.83%), Vitamin B6: 0.11mg (5.69%), Calcium: 55.46mg (5.55%), Iron: 0.89mg (4.94%), Zinc: 0.69mg (4.62%), Vitamin B3: 0.83mg (4.15%), Vitamin B2: 0.06mg (3.52%), Copper: 0.07mg (3.5%), Selenium: 2.44µg (3.49%), Vitamin B12: 0.14µg (2.4%), Vitamin B1: 0.03mg (2.26%), Vitamin B5: 0.21mg (2.06%), Vitamin A: 94.93IU (1.9%)