



Fillet of Beef with Asian Spice Rub



Gluten Free



Dairy Free



Low Fod Map

READY IN



1500 min.

SERVINGS



8

CALORIES



72 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon five spice powder chinese
- ☐ 1 tablespoon aniseed
- ☐ 8 servings chives fresh snipped
- ☐ 4 teaspoons coarse salt
- ☐ 1 teaspoon ground ginger
- ☐ 2 tablespoons peppercorns
- ☐ 4 lb frangelico trimmed
- ☐ 4 tablespoons vegetable oil

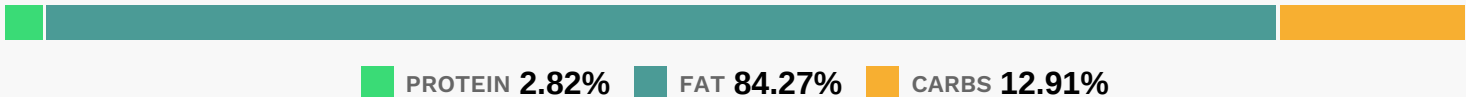
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ mortar and pestle

Directions

- ☐ Preheat oven to 425°F.
- ☐ Toast peppercorns and anise seeds in a dry large heavy skillet over moderate heat, stirring, until fragrant, about 1 minute. Finely grind toasted mixture in an electric coffee/spice grinder or with a mortar and pestle. Sift mixture through a coarse sieve into a bowl and stir in salt, five-spice powder, and ginger.
- ☐ Halve beef crosswise and sprinkle rub all over both pieces, pressing to adhere.
- ☐ Heat 2 tablespoons oil in skillet over moderately high heat until just smoking, then brown 1 piece of beef on all sides, about 1 minute.
- ☐ Transfer to a large roasting pan. Wipe skillet clean with paper towels and brown remaining beef in same manner. Arrange beef pieces 2 inches apart in roasting pan.
- ☐ Roast in middle of oven 25 to 35 minutes, or until a thermometer inserted diagonally 2 inches into centers of pieces registers 120°F.
- ☐ Let beef stand in pan on a rack 25 minutes. Beef will continue to cook as it stands, reaching 130°F (medium-rare). Discard string and slice beef.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:2.93043476084%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 71.74kcal (3.59%), Fat: 7.1g (10.92%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.04g (0.05%), Cholesterol: 0mg (0%), Sodium: 1163.54mg (50.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.07%), Manganese: 0.44mg (21.88%), Vitamin K: 18.73µg (17.84%), Iron: 0.78mg (4.34%), Vitamin E: 0.58mg (3.9%), Fiber: 0.88g (3.5%), Copper: 0.05mg (2.41%), Calcium: 21.08mg (2.11%), Magnesium: 7.39mg (1.85%), Potassium: 57.74mg (1.65%), Vitamin A: 61.17IU (1.22%), Phosphorus: 10.45mg (1.04%), Vitamin C: 0.85mg (1.02%)