



Grilled Steaks With Horseradish Sauce

READY IN



10 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 3 garlic cloves
- ☐ 6 tablespoons horseradish prepared drained
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 0.3 cup olive oil
- ☐ 16 ounce sirloin steaks
- ☐ 1 cup heavy whipping cream light sour

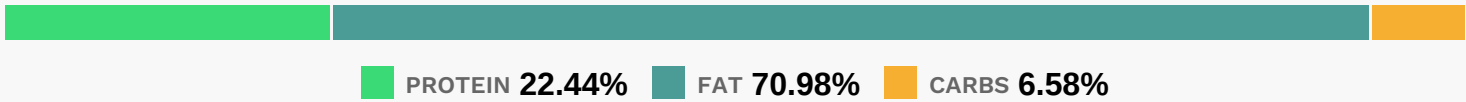
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Remove steaks from the refrigerator, and let sit, covered, at room temperature for 20 minutes before grilling.
- ☐ Meanwhile, combine oil and garlic in a small saucepan. Warm over low heat for 2 minutes.
- ☐ Remove from heat, and let sit for 15 minutes.
- ☐ Prepare grill.
- ☐ Whisk together sour cream, horseradish, chives, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a small bowl. Cover and refrigerate.
- ☐ Brush each steak on both sides with 1 teaspoon garlic oil, and season with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place steaks on the grill, and cook over high heat for 45 minutes, brushing with the oil every minute or so until golden brown and slightly charred. Turn the steaks over, and continue grilling for 56 minutes or until internal temperature reaches at least 145 (medium-rare).
- ☐ Transfer steaks to a platter, tent with foil, and let rest for 5 minutes before slicing.
- ☐ Serve with horseradish sauce on the side.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.89, Inflammation Score:-4, Nutrition Score:14.562608615212%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 464.81kcal (23.24%), Fat: 36.59g (56.3%), Saturated Fat: 12.5g (78.14%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 6.72g (2.44%), Sugar: 1.99g (2.22%), Cholesterol: 83.63mg (27.88%), Sodium: 640.27mg (27.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.02g (52.05%), Vitamin B12: 3.39µg (56.57%), Selenium: 21.48µg (30.68%), Zinc: 4.24mg (28.25%), Phosphorus: 250.4mg (25.04%), Vitamin B6: 0.49mg (24.55%), Vitamin B3: 4.28mg (21.39%), Vitamin B2: 0.28mg (16.72%), Potassium: 547.62mg (15.65%), Iron: 2.6mg (14.42%), Vitamin E: 2.13mg (14.19%), Vitamin K: 14.48µg (13.79%), Calcium: 108.36mg (10.84%), Vitamin C: 8.27mg (10.03%), Vitamin B1: 0.14mg (9.66%), Magnesium: 36.56mg (9.14%), Folate: 28.69µg (7.17%), Copper: 0.13mg (6.31%), Manganese: 0.12mg (6.15%), Vitamin A: 299.45IU (5.99%), Vitamin B5: 0.4mg (3.97%), Fiber: 0.92g (3.66%)