



HEALTH SCORE

76%

Horseradish butter steaks



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 rump steaks
- ☐ 4 servings olive oil for brushing
- ☐ 100 g horseradish & chive butter for the recipe well (See 'Goes with' below)
- ☐ 1 leaves salad including watercress mixed such as batavia or little gem crisp
- ☐ 2 tbsp red wine vinegar
- ☐ 1 shallots finely chopped
- ☐ 1 pinch sugar
- ☐ 5 tbsp olive oil

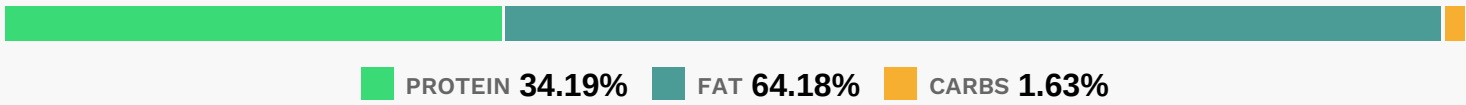
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ First, make the dressing.
- ☐ Mix the vinegar, shallot, sugar, salt and pepper in a bowl, then whisk in the olive oil. Tear the salad leaves into bite-size pieces and set aside. Now, heat a griddle pan to high.
- ☐ Brush the steaks lightly on each side with oil, then season with salt and pepper. Griddle for 2-3 mins on each side, until cooked to your liking. Toss the salad in the dressing. Top each steak with a few slices of Horseradish & chive butter, then serve with the salad.

Nutrition Facts



Properties

Glycemic Index:36.27, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:30.255652759386%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 597.98kcal (29.9%), Fat: 42.13g (64.82%), Saturated Fat: 8.25g (51.54%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 1.59g (0.58%), Sugar: 1.2g (1.34%), Cholesterol: 137.86mg (45.95%), Sodium: 131.61mg (5.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.5g (100.99%), Vitamin B3: 16.94mg (84.72%), Selenium: 57.93µg (82.76%), Vitamin K: 75.2µg (71.62%), Vitamin B6: 1.41mg (70.73%), Zinc: 9.52mg (63.49%), Phosphorus: 482.24mg (48.22%), Vitamin B12: 2.69µg (44.82%), Vitamin E: 5.34mg (35.58%), Potassium: 871.45mg (24.9%), Iron: 4.37mg (24.28%), Vitamin A: 1091.34IU (21.83%), Vitamin C: 15.12mg (18.33%), Magnesium: 64.12mg (16.03%), Vitamin B2: 0.27mg (16%), Vitamin B5: 1.57mg (15.73%), Folate: 57.85µg (14.46%), Vitamin B1: 0.16mg (10.75%), Copper: 0.21mg (10.53%), Calcium: 89.39mg (8.94%), Manganese: 0.15mg (7.35%), Fiber: 0.82g (3.3%), Vitamin D:

0.23µg (1.51%)