



Korean Steak Tartare

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



12

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 8 ounces frangelico cut into very small cubes (1/8")
- 1 garlic clove finely grated
- 12 servings kosher salt
- 1.3 teaspoons juice of lemon fresh divided
- 2 tablespoons soy sauce reduced-sodium
- 1 pears cored quartered
- 2 tablespoons spring onion finely chopped

- 1.5 teaspoons sesame oil toasted
- 2 teaspoons sesame seed divided toasted

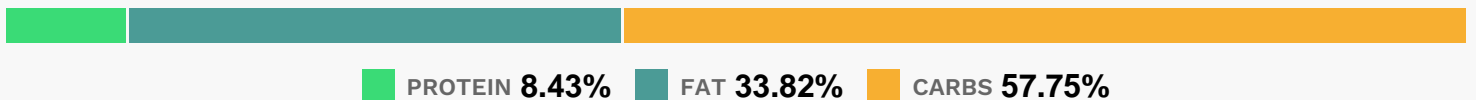
Equipment

- bowl
- whisk

Directions

- Peel 1 pear quarter; cut into very small cubes (about 1/8").
- Place in a small bowl and toss with 1/4 teaspoon lemon juice.
- Cut remaining pear quarters into thin slices.
- Place in a medium bowl and toss with remaining 1 teaspoon lemon juice.
- Whisk scallions, soy sauce, 1 teaspoon sesame seeds, sesame oil, garlic, and pepper in a medium bowl.
- Add filet mignon and pear cubes and gently toss until just combined; season to taste with salt.
- Neatly spoon tartare over pear slices.
- Sprinkle with remaining 1 teaspoon sesame seeds and garnish with chives.

Nutrition Facts



Properties

Glycemic Index:13.81, Glycemic Load:0.71, Inflammation Score:-1, Nutrition Score:0.80434783386148%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg,

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 17.16kcal (0.86%), Fat: 0.7g (1.08%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.13g (0.78%), Sugar: 1.5g (1.67%), Cholesterol: 0mg (0%), Sodium: 290.19mg (12.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%), Vitamin K: 2.83µg (2.69%), Fiber: 0.56g (2.22%), Manganese: 0.04mg (1.78%), Copper: 0.03mg (1.46%), Vitamin C: 1.11mg (1.34%), Magnesium: 4.38mg (1.1%)