



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
- ☐ 1 pieces chives
- ☐ 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

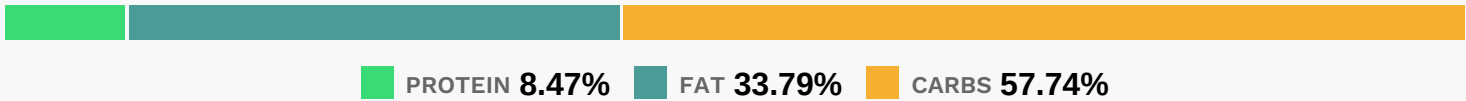
Equipment

- ☐ bowl
- ☐ whisk

Directions

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

Nutrition Facts



Properties

Glycemic Index:17.56, Glycemic Load:0.71, Inflammation Score:-1, Nutrition Score:0.82173912421517%

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: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 17.19kcal (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 (0.79%), Vitamin K: 3.01µg (2.86%), Fiber: 0.56g (2.23%), Manganese: 0.04mg (1.8%), Copper: 0.03mg (1.46%), Vitamin C: 1.15mg (1.4%), Magnesium: 4.42mg (1.1%)