



Mustard crusted fillet of beef with deli salad

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



165 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp peppercorns black
- ☐ 2 tbsp sea salt
- ☐ 2 tbsp dijon mustard english
- ☐ 2 lb frangelico
- ☐ 3 tbsp olive oil
- ☐ 1 g baby potatoes
- ☐ 50 g butter
- ☐ 200 g pasilla peppers red yellow

- ☐ 290 g artichoke hearts
- ☐ 170 g watercress
- ☐ 1 small handful mint leaves

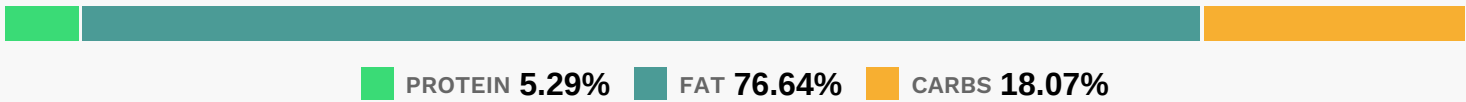
Equipment

- ☐ frying pan
- ☐ mortar and pestle

Directions

- ☐ Crush the peppercorns with a pestle and mortar then mix in the salt and mustard powder.
- ☐ Sprinkle onto a large plate.
- ☐ Brush the beef with some of the oil and roll in the seasoning.
- ☐ Heat remaining oil until very hot in a large heavy-based pan.
- ☐ Put the beef in the pan and turn heat to medium. Sear for 30 minutes, turning every 6–7 minutes until the seasonings form a deep brown crust. This will be rare in the middle. For well-cooked, add 10 minutes. Leave to cool on a plate. Boil potatoes for 10–15 minutes until tender.
- ☐ Drain, toss in the butter.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:0.81, Inflammation Score:-8, Nutrition Score:11.623043528717%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg Kaempferol: 6.55mg, Kaempferol: 6.55mg, Kaempferol: 6.55mg, Kaempferol: 6.55mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.23mg, Quercetin: 9.23mg, Quercetin: 9.23mg, Quercetin: 9.23mg

Nutrients (% of daily need)

Calories: 165.46kcal (8.27%), Fat: 14.61g (22.48%), Saturated Fat: 5.38g (33.64%), Carbohydrates: 7.75g (2.58%), Net Carbohydrates: 4.98g (1.81%), Sugar: 1.92g (2.13%), Cholesterol: 17.92mg (5.97%), Sodium: 2996.5mg (130.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Vitamin K: 86.29µg (82.18%), Vitamin C: 39.23mg (47.55%), Manganese: 0.76mg (38.08%), Vitamin A: 1291.37IU (25.83%), Fiber: 2.77g (11.1%), Vitamin E: 1.66mg (11.07%), Calcium: 64.63mg (6.46%), Potassium: 225.33mg (6.44%), Vitamin B6: 0.13mg (6.37%), Copper: 0.11mg (5.72%), Magnesium: 18.63mg (4.66%), Iron: 0.75mg (4.17%), Phosphorus: 34.15mg (3.41%), Vitamin B1: 0.05mg (3.4%), Vitamin B2: 0.06mg (3.35%), Vitamin B5: 0.2mg (2.03%), Folate: 7.77µg (1.94%), Vitamin B3: 0.29mg (1.45%), Zinc: 0.16mg (1.04%)