



Original Steak Tartare

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



40 min.

SERVINGS



6

CALORIES



19 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon brandy
- 1 teaspoon brown mustard
- 1 eggs
- 1 pound ground beef tenderloin finely
- 6 servings ground pepper white to taste
- 0.5 teaspoon pepper sauce hot
- 1 pinch salt to taste
- 1 teaspoon worcestershire sauce

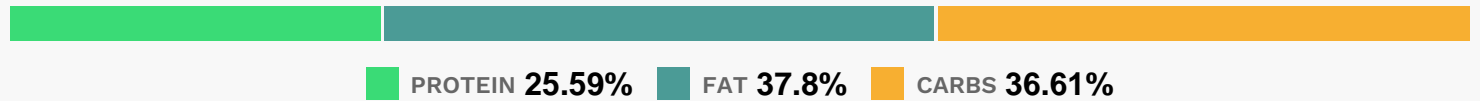
Equipment

- bowl
- aluminum foil

Directions

- In a medium bowl, mix together the beef, mustard, hot pepper sauce, Worcestershire sauce, brandy, salt, pepper and egg until well blended. Arrange the meat in a neat pile on a glass dish, and cover with aluminum foil. Refrigerate for 30 minutes to allow the flavors to blend.
- Serve as a spread on crackers or toast.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2486956394885%

Nutrients (% of daily need)

Calories: 19.22kcal (0.96%), Fat: 0.75g (1.15%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.13g (0.15%), Cholesterol: 27.28mg (9.09%), Sodium: 38.79mg (1.69%), Alcohol: 0.28g (100%), Alcohol %: 0.4% (100%), Protein: 1.14g (2.28%), Manganese: 0.09mg (4.44%), Selenium: 2.35µg (3.36%), Iron: 0.47mg (2.62%), Vitamin B2: 0.04mg (2.22%), Fiber: 0.53g (2.11%), Phosphorus: 18.85mg (1.88%), Copper: 0.03mg (1.29%), Vitamin B5: 0.11mg (1.13%), Vitamin B12: 0.07µg (1.09%), Calcium: 10.55mg (1.06%)