



Pan-Seared Steak with Chive-Horseradish Butter

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce beef tenderloin steaks
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 5 teaspoons butter softened
- ☐ 1 tablespoon chives fresh minced
- ☐ 1 tablespoon horseradish prepared
- ☐ 0.3 teaspoon kosher salt

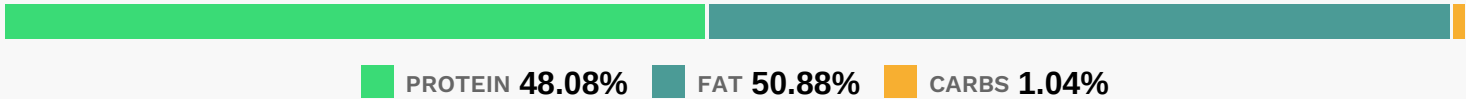
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Combine first 3 ingredients in a small bowl. Refrigerate 20 minutes or until firm.
- ☐ Sprinkle steaks evenly with salt and pepper.
- ☐ Heat a large grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Remove steaks from pan; let stand 5 minutes. Divide butter mixture evenly among steaks.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:11.779130331848%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 214.98kcal (10.75%), Fat: 11.83g (18.2%), Saturated Fat: 5.7g (35.65%), Carbohydrates: 0.54g (0.18%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.32g (0.35%), Cholesterol: 86.01mg (28.67%), Sodium: 263.7mg (11.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.15g (50.3%), Selenium: 34.77µg (49.67%), Vitamin B3: 7.29mg (36.45%), Vitamin B6: 0.71mg (35.48%), Zinc: 4.54mg (30.3%), Phosphorus: 240.3mg (24.03%), Vitamin B12: 1.07µg (17.75%), Potassium: 416.07mg (11.89%), Iron: 1.86mg (10.32%), Vitamin B2: 0.14mg (8.11%), Vitamin B5: 0.75mg (7.49%), Magnesium: 27.75mg (6.94%), Vitamin B1: 0.09mg (5.68%), Copper: 0.09mg (4.57%), Folate: 17.88µg (4.47%), Vitamin A: 189.59IU (3.79%), Vitamin K: 3.65µg (3.48%), Vitamin E: 0.5mg (3.33%), Calcium: 29.88mg (2.99%), Manganese: 0.04mg (1.82%), Vitamin C: 1.37mg (1.66%)