



## Roast-Beef and Broccoli Salad with Creamy Horseradish Dressing

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**253 kcal**

**SIDE DISH**

### Ingredients

- 1.5 pounds broccoli
- 2.5 cups cherry tomatoes halved
- 2 teaspoons dijon mustard
- 0.1 teaspoon fresh-ground pepper black
- 0.3 cup bottled horseradish drained
- 0.5 cup olive oil
- 0.8 pound thick- roast beef ()

- 0.8 teaspoon salt
- 6 slices scallions including tops green thin
- 3 tablespoons cup heavy whipping cream sour
- 2 tablespoons white-wine vinegar

## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Separate the broccoli tops into small florets. Peel the broccoli stems and cut them in half lengthwise and then into 1/4-inch slices. In a large saucepan, steam or boil the broccoli until tender, 4 to 5 minutes.
- Drain and let cool.
- In a large glass or stainless-steel bowl, whisk together the vinegar, horseradish, mustard, salt, and pepper.
- Add the oil slowly, whisking.
- Whisk in the sour cream.
- Add the broccoli, beef, tomatoes, and scallions and toss to coat.
- Wine Recommendation: White wine may seem an odd choice for roast beef, but the dominant elements here are horseradish and broccoli, not meat. Accordingly, pull the cork on a California sauvignon blanc for an exciting pairing.

## Nutrition Facts

 PROTEIN 36.7%  FAT 36.97%  CARBS 26.33%

## Properties

Glycemic Index:40.75, Glycemic Load:2.66, Inflammation Score:-9, Nutrition Score:29.224347943845%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 13.37mg, Kaempferol: 13.37mg, Kaempferol: 13.37mg, Kaempferol: 13.37mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg

## **Nutrients (% of daily need)**

Calories: 253kcal (12.65%), Fat: 11.05g (17%), Saturated Fat: 2.9g (18.15%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 11.97g (4.35%), Sugar: 6.79g (7.54%), Cholesterol: 53.79mg (17.93%), Sodium: 1876.63mg (81.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.68g (49.35%), Vitamin C: 215.38mg (261.06%), Vitamin K: 182.93µg (174.22%), Vitamin B3: 7.99mg (39.95%), Vitamin B6: 0.73mg (36.44%), Calcium: 349.52mg (34.95%), Folate: 137.24µg (34.31%), Phosphorus: 317.93mg (31.79%), Vitamin A: 1588.53IU (31.77%), Potassium: 1038.6mg (29.67%), Zinc: 4.08mg (27.19%), Manganese: 0.52mg (25.82%), Vitamin B12: 1.46µg (24.41%), Fiber: 5.73g (22.93%), Iron: 3.87mg (21.48%), Vitamin B2: 0.35mg (20.34%), Vitamin E: 2.68mg (17.86%), Magnesium: 68.83mg (17.21%), Selenium: 12.03µg (17.19%), Vitamin B5: 1.4mg (14.04%), Vitamin B1: 0.2mg (13.41%), Copper: 0.23mg (11.4%)