



## Roast-Beef Salad with Creamy Horseradish Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.5 pounds endive ( 4 quarts)
- 0.3 teaspoon fresh-ground pepper black
- 3 tablespoons bottled horseradish drained
- 0.3 cup mayonnaise
- 0.3 pound mushrooms sliced thin
- 1 small onion red sliced thin
- 0.5 pound pan drippings from roast beef preferably sliced cut into approximately 1 1/2-by-1/2-inch strips

- 0.8 teaspoon salt
- 0.3 cup cup heavy whipping cream sour
- 1 teaspoon white-wine vinegar

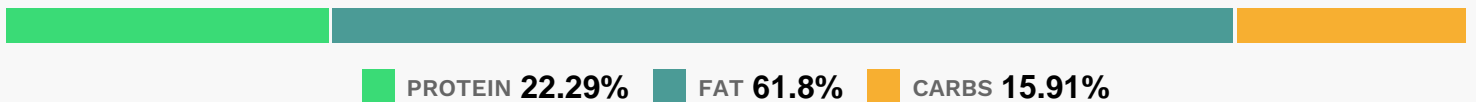
## Equipment

- bowl
- whisk

## Directions

- In a medium glass or stainless-steel bowl, whisk together the mayonnaise, sour cream, horseradish, vinegar, pepper, and 1/2 teaspoon of the salt until smooth.
- In a large bowl, toss the escarole with the mushrooms, onion, roast beef, the remaining 1/4 teaspoon salt, and all but 2 tablespoons of the dressing.
- Serve the salad with the remaining dressing drizzled over the top.
- Add a cup of cooked broccoli florets.: Stir in a cup or two of halved cherry tomatoes.
- Wine Recommendation: Wine lovers revere merlot for its soft, supple texture and seductive plum and chocolate flavors. Versions from Washington State have an added earthy note that will marry well with this dish.

## Nutrition Facts



## Properties

Glycemic Index:55.25, Glycemic Load:1.35, Inflammation Score:-10, Nutrition Score:28.180434429127%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 17.36mg, Kaempferol: 17.36mg, Kaempferol: 17.36mg, Kaempferol: 17.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 285.03kcal (14.25%), Fat: 20.21g (31.09%), Saturated Fat: 4.92g (30.75%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 5.28g (1.92%), Sugar: 3.81g (4.24%), Cholesterol: 51.47mg (17.16%), Sodium: 1501.14mg (65.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.4g (32.8%), Vitamin K: 424.1µg (403.9%), Vitamin A: 3819.01IU (76.38%), Folate: 265.26µg (66.31%), Vitamin C: 42.18mg (51.13%), Manganese: 0.81mg (40.46%), Vitamin B3: 6.01mg (30.06%), Calcium: 282.43mg (28.24%), Fiber: 6.43g (25.71%), Potassium: 880.77mg (25.16%), Zinc: 3.77mg (25.15%), Vitamin B5: 2.27mg (22.68%), Phosphorus: 211.68mg (21.17%), Vitamin B2: 0.36mg (21.02%), Vitamin B12: 1.04µg (17.3%), Vitamin B6: 0.34mg (17.06%), Iron: 2.92mg (16.24%), Copper: 0.32mg (16.23%), Vitamin B1: 0.2mg (13.6%), Magnesium: 48.14mg (12.03%), Selenium: 8.37µg (11.96%), Vitamin E: 1.44mg (9.63%)