



Seared Beef Tenderloin Mini Sandwiches with Mustard-Horseradish Sauce

READY IN



45 min.

SERVINGS



16

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 pound frangelico trimmed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounce bread french
- ☐ 2 tablespoons capers
- ☐ 0.3 cup dijon mustard
- ☐ 2 tablespoons tarragon fresh minced
- ☐ 2 tablespoons horseradish prepared
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 ounces parmesan fresh shaved
- ☐ 0.7 cup cream fat-free sour
- ☐ 3 cups watercress trimmed (1 bunch)

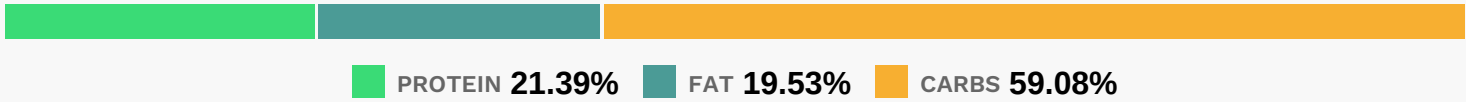
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ kitchen twine

Directions

- ☐ Combine first 4 ingredients, stirring well with a whisk. Cover and chill.
- ☐ Secure beef at 2-inch intervals with twine.
- ☐ Sprinkle beef with pepper.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add beef to pan; cook 15 minutes or until desired degree of doneness, turning frequently.
- ☐ Let stand 15 minutes.
- ☐ Cut into 16 slices.
- ☐ Sprinkle with juice.
- ☐ Arrange watercress evenly on bread slices.
- ☐ Place 1 beef slice and about 1 tablespoon chilled sauce over each bread slice. Arrange capers and cheese evenly over sauce.

Nutrition Facts



Properties

Glycemic Index:19.28, Glycemic Load:6.05, Inflammation Score:-4, Nutrition Score:4.7969565180981%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 66.89kcal (3.34%), Fat: 1.49g (2.29%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 9.43g (3.43%), Sugar: 0.99g (1.1%), Cholesterol: 3.27mg (1.09%), Sodium: 237.16mg (10.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.33%), Vitamin K: 16.53µg (15.74%), Selenium: 6.85µg (9.78%), Manganese: 0.19mg (9.39%), Calcium: 83.21mg (8.32%), Vitamin B1: 0.12mg (8.13%), Vitamin B2: 0.11mg (6.52%), Phosphorus: 60.28mg (6.03%), Vitamin A: 296.92IU (5.94%), Folate: 23.67µg (5.92%), Iron: 0.97mg (5.4%), Vitamin C: 4.43mg (5.37%), Vitamin B3: 0.83mg (4.14%), Magnesium: 14.35mg (3.59%), Fiber: 0.69g (2.76%), Vitamin B6: 0.05mg (2.75%), Potassium: 93.28mg (2.67%), Zinc: 0.38mg (2.53%), Copper: 0.04mg (2.19%), Vitamin B12: 0.07µg (1.19%)