

food
network



HEALTH SCORE

59%

Seared Carpaccio of Beef with roasted Baby Beets, Creamed Horseradish, Watercress and Parmesan



Gluten Free



Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 680 grams baby beetroots
- ☐ 10 tablespoons approximately balsamic vinegar
- ☐ 1.5 kilogram fillet of beef
- ☐ 200 grams crème fraîche
- ☐ 1 handful rosemary fresh finely chopped
- ☐ 100 grams creamed horseradish freshly grated

- ☐ 1 juice of lemon juiced
- ☐ 6 servings olive oil
- ☐ 100 grams parmesan shaved
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 3 handfuls watercress good

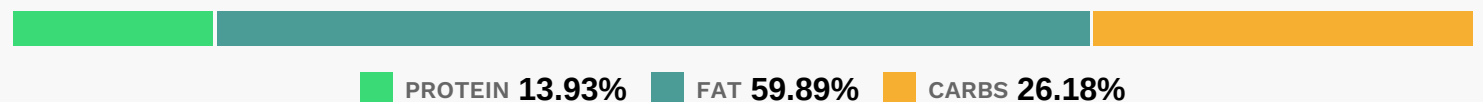
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 450 degrees F (230 degrees C/gas 8).
- ☐ Wash and scrub the beets, trim the ends, and toss into a large piece of foil with a little oil, balsamic vinegar, and seasoning. Wrap and roast until tender. Cooking time depends on size.
- ☐ Mix the rosemary salt and pepper on a board.
- ☐ Roll and press the fillet of beef over this, making sure all sticks to the meat. In a very hot, ridged pan, or on a barbecue, sear the meat until brown and slightly crisp on all sides, around 5 minutes.
- ☐ Remove from the pan. Allow it to rest for 5 minutes, then slice it all up as thinly as you can.
- ☐ Lay the slices on a large plate.
- ☐ After preparing the beef, sprinkle the roasted beetroots randomly (whole, halved or quartered, depending on size) over the sliced meat. Now mix the horseradish and creme fraiche together. It has to be seasoned well, usually needing a little white wine vinegar or lemon juice. Dribble this over the beetroots. Dress some watercress with olive oil and lemon juice. Then scatter this, along with some small slivers of shaved Parmesan, all over the plate and get ready to tuck in!

Nutrition Facts



Properties

Glycemic Index:36.72, Glycemic Load:7.27, Inflammation Score:-8, Nutrition Score:17.987391412258%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 378.92kcal (18.95%), Fat: 25.35g (39.01%), Saturated Fat: 8.14g (50.85%), Carbohydrates: 24.93g (8.31%), Net Carbohydrates: 17.87g (6.5%), Sugar: 13.02g (14.46%), Cholesterol: 31mg (10.33%), Sodium: 359.7mg (15.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.54%), Vitamin C: 50.04mg (60.65%), Vitamin K: 38.95µg (37.09%), Fiber: 7.06g (28.25%), Calcium: 277.59mg (27.76%), Phosphorus: 274.21mg (27.42%), Manganese: 0.54mg (27.16%), Vitamin A: 1226.54IU (24.53%), Folate: 86.58µg (21.64%), Vitamin B1: 0.32mg (21.11%), Vitamin B2: 0.27mg (15.65%), Vitamin E: 2.33mg (15.56%), Zinc: 2.14mg (14.24%), Magnesium: 56.2mg (14.05%), Vitamin B3: 2.51mg (12.56%), Iron: 2.19mg (12.16%), Vitamin B6: 0.23mg (11.7%), Potassium: 408.7mg (11.68%), Copper: 0.23mg (11.48%), Selenium: 7.5µg (10.71%), Vitamin B12: 0.27µg (4.5%), Vitamin B5: 0.33mg (3.25%)