



Seared Steaks with Creamy Horseradish Sauce

 Gluten Free

READY IN



13 min.

SERVINGS



4

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 garlic cloves divided
- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 1 tablespoon horseradish prepared
- ☐ 1.5 tablespoons mayonnaise light
- ☐ 0.5 teaspoon salt divided
- ☐ 1 pound rump steak boneless trimmed ()

☐ 0.3 cup cup heavy whipping cream fat-free sour

Equipment

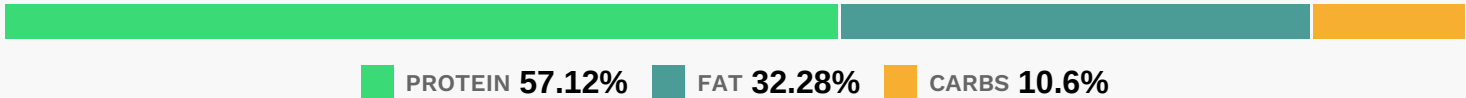
☐ frying pan

☐ grill pan

Directions

- ☐ Cut steak into 4 equal pieces.
- ☐ Cut 2 garlic cloves in half, and rub both sides of each steak with garlic.
- ☐ Place a large nonstick skillet or grill pan coated with cooking spray over high heat until hot.
- ☐ Add steaks; cook 4 minutes. Turn steaks, and cook 3 minutes. Reduce heat to medium; sprinkle steaks with 1/4 teaspoon salt and 1/8 teaspoon black pepper. Cook 2 minutes or to desired degree of doneness.
- ☐ Mince remaining garlic clove.
- ☐ Combine garlic, sour cream, mayonnaise, horseradish, 1/4 teaspoon pepper, and remaining 1/4 teaspoon salt.
- ☐ Serve steaks with horseradish sauce.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:12.548695854519%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 185.39kcal (9.27%), Fat: 6.45g (9.92%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 4.54g (1.65%), Sugar: 0.58g (0.65%), Cholesterol: 71.74mg (23.91%), Sodium: 441.93mg (19.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.67g (51.33%), Selenium: 30.5µg (43.58%), Vitamin B3:

8.46mg (42.3%), Vitamin B6: 0.72mg (35.83%), Zinc: 4.85mg (32.36%), Phosphorus: 256.36mg (25.64%), Vitamin B12: 1.41µg (23.45%), Potassium: 434.97mg (12.43%), Iron: 1.93mg (10.72%), Vitamin B2: 0.15mg (9.05%), Vitamin B5: 0.76mg (7.62%), Magnesium: 30.01mg (7.5%), Calcium: 63.21mg (6.32%), Vitamin B1: 0.08mg (5.48%), Copper: 0.1mg (4.92%), Folate: 19.3µg (4.82%), Vitamin K: 4.69µg (4.46%), Manganese: 0.08mg (4.16%), Vitamin E: 0.49mg (3.29%), Vitamin C: 1.64mg (1.98%), Vitamin A: 53.85IU (1.08%)