



 14%  
HEALTH SCORE

## Steak And Pepper Rounds With Rose Horseradish Garlic Creme Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon olive oil
- 1 garlic clove whole
- 1 pound beef rib steak boneless
- 1 teaspoon worcestershire sauce
- 0.5 tablespoon dijon mustard (or other spicy deli or Dijon mustard)
- 0.5 teaspoon pepper red crushed
- 0.3 cup rose syrah wine
- 2 tablespoons olive oil

- 3 roasted peppers red
- 0.5 cup mascarpone cheese
- 2 teaspoons horseradish
- 4 cloves roasted garlic
- 0.5 tablespoon basil dried fresh
- 0.5 teaspoon oregano dried fresh to taste
- 2 teaspoons juice of lemon fresh
- 2 pinch salt
- 2 pinch pepper
- 0.1 cup rose syrah wine
- 1 loaf bread french store bought
- 1 small onion sweet canned

## Equipment

- food processor
- frying pan
- baking sheet
- oven
- roasting pan
- grill
- aluminum foil

## Directions

- Drizzle 1 tbsp. of olive oil over garlic bulb and wrap in aluminum foil.
- Roast on a cookie sheet in oven at 400 for approximately 40 minutes.
- Remove and let cool to touch.
- While garlic is roasting marinate steak with next 4 ingredients in a ziplock bag.
- Toss to coat and let sit while you slice vegetables.
- Heat olive oil in skillet on medium heat.

- Slice onion and peppers in 3 inch strips.
- Add onion to hot pan and saut until onions get slightly browned and caramelized for about 20 minutes.
- Toss peppers in and cook for another 10 to 15 minutes.
- While onions and peppers are cooking place steak on a roasting pan and broil in oven or grill for approximately 5 to 10 minutes per side. Be careful as this steak will be tough if cooked to well done. And it will continue to cook when removed from the heat so under cook it a little to account for this process.
- Remove from heat and let rest before cutting.
- In a food processor combine marscapone, horseradish, and squeeze out 4 of the roasted garlic cloves. (Store the rest of the bulb in an airtight container in the refrigerator for up to one week)
- Pulse a few times to blend.
- Add next 6 ingredients and mix well.
- Slice French Bread into inch rounds and heat in oven or on grill (grilled bread takes on a very unique sweet smoky flavor) until lightly toasted.
- Cut steak into 1/8 to inch strips.
- Smooth sauce over each warm piece of bread.
- Top with steak and the onion pepper mixture.
- These are appetizer bites but you could transform this into a hungry mans meal by using a large baguette or sub roll.
- Any other variations, suggestions, or comments please share!

## Nutrition Facts



## Properties

Glycemic Index:30.56, Glycemic Load:20.22, Inflammation Score:-7, Nutrition Score:14.417391304348%

## Flavonoids

Petunidin: 1.57mg, Petunidin: 1.57mg, Petunidin: 1.57mg, Petunidin: 1.57mg Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg Malvidin: 13.49mg, Malvidin: 13.49mg, Malvidin: 13.49mg, Malvidin: 13.49mg

Peonidin: 0.87mg, Peonidin: 0.87mg, Peonidin: 0.87mg, Peonidin: 0.87mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

## Taste

Sweetness: 33.01%, Saltiness: 100%, Sourness: 42.71%, Bitterness: 27.68%, Savoriness: 54.26%, Fattiness: 99.13%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 394.71kcal (19.74%), Fat: 20.97g (32.26%), Saturated Fat: 8.52g (53.22%), Carbohydrates: 31.51g (10.5%), Net Carbohydrates: 29.55g (10.74%), Sugar: 4.64g (5.16%), Cholesterol: 48.65mg (16.22%), Sodium: 569.19mg (24.75%), Alcohol: 1.16g (6.47%), Protein: 18.51g (37.02%), Selenium: 29.05µg (41.5%), Vitamin B1: 0.43mg (28.84%), Vitamin B3: 5.38mg (26.9%), Zinc: 3.57mg (23.83%), Vitamin B2: 0.37mg (21.79%), Iron: 3.57mg (19.81%), Vitamin B6: 0.39mg (19.55%), Manganese: 0.39mg (19.44%), Folate: 77.19µg (19.3%), Vitamin B12: 0.94µg (15.69%), Phosphorus: 154.2mg (15.42%), Vitamin C: 9.92mg (12.03%), Vitamin K: 9.79µg (9.32%), Magnesium: 36.93mg (9.23%), Copper: 0.18mg (8.89%), Potassium: 310.21mg (8.86%), Fiber: 1.96g (7.84%), Calcium: 77.36mg (7.74%), Vitamin E: 0.97mg (6.49%), Vitamin A: 320.66IU (6.41%), Vitamin B5: 0.23mg (2.34%)