



Steak & Salad

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 baguette
- 2 pound beef tenderloin
- 0.3 cup horseradish
- 0.3 cup mayonnaise
- 30 servings olive oil
- 30 servings garnish: pea shoots fresh
- 30 servings salt and pepper

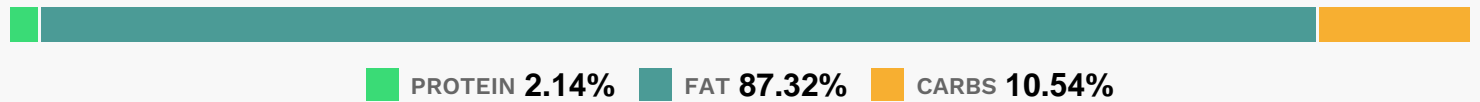
Equipment

- bowl
- oven
- kitchen thermometer

Directions

- Preheat oven to 45
- Rub beef tenderloin with olive oil; season with salt and pepper. Roast 25 minutes or until meat thermometer registers 140 (medium-rare).
- Let stand 20 minutes; thinly slice.
- Combine mayonnaise and horseradish in small bowl. Slice baguette diagonally into 30 slices.
- Spread each piece with mayonnaise mixture; top with beef and a fresh pea shoot.

Nutrition Facts



Properties

Glycemic Index:5.22, Glycemic Load:2.81, Inflammation Score:-1, Nutrition Score:2.1165217178995%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 159.18kcal (7.96%), Fat: 15.64g (24.07%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 4g (1.46%), Sugar: 0.56g (0.63%), Cholesterol: 0.78mg (0.26%), Sodium: 266.02mg (11.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.73%), Vitamin E: 2.1mg (14.01%), Vitamin K: 11.75µg (11.19%), Vitamin B1: 0.05mg (3.26%), Folate: 10.15µg (2.54%), Selenium: 1.53µg (2.19%), Iron: 0.38mg (2.11%), Manganese: 0.04mg (2.09%), Vitamin B3: 0.39mg (1.93%), Vitamin B2: 0.03mg (1.62%), Vitamin C: 1.19mg (1.44%), Fiber: 0.26g (1.04%), Calcium: 10.28mg (1.03%)