



Steak with chunky chips & horseradish cream



Gluten Free



Very Healthy

READY IN



60 min.

SERVINGS



2

CALORIES



1051 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp horseradish hot
- ☐ 500 g potatoes
- ☐ 2 sirloin steak thick
- ☐ 2 tbsp chives snipped
- ☐ 100 g crème fraîche

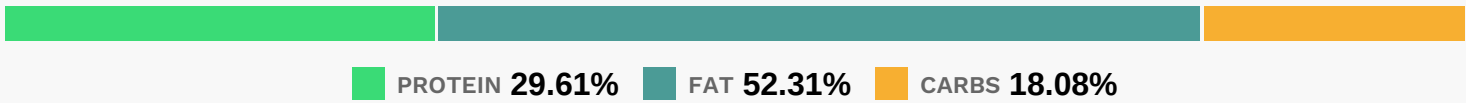
Equipment

- ☐ oven
- ☐ grill

Directions

- ☐ Heat the oven to 200C/ fan 180/gas
- ☐ Cut the potatoes into chunky chips, leaving the skin on. Dry with kitchen paper, then tip into a roasting tin.
- ☐ Drizzle over 2 tbsp olive oil and shake the tin to coat the potatoes.
- ☐ Sprinkle with pepper and roast for 40–45 mins, shaking the tin halfway through the cooking time. Season lightly with salt when they are cooked.
- ☐ Season the steaks all over and rub with a little olive oil.
- ☐ Mix the crme frache with the horseradish and half the chives, salt and pepper.
- ☐ When the chips are almost done, heat the grill to high and grill the steaks for 2–3 mins on each side, depending on how you like them cooked and their thickness.
- ☐ Serve each steak with a pile of chips and a dollop of horseradish cream. A green salad with the remaining chives is the perfect accompaniment.

Nutrition Facts



Properties

Glycemic Index:81.88, Glycemic Load:32.21, Inflammation Score:-7, Nutrition Score:41.516086930814%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 1050.8kcal (52.54%), Fat: 60.39g (92.9%), Saturated Fat: 25.56g (159.75%), Carbohydrates: 46.97g (15.66%), Net Carbohydrates: 41.15g (14.96%), Sugar: 4.31g (4.79%), Cholesterol: 219.9mg (73.3%), Sodium: 245.69mg (10.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.9g (153.81%), Vitamin B12: 9.56µg (159.28%), Vitamin B6: 2.06mg (102.98%), Selenium: 58.94µg (84.2%), Zinc: 12.12mg (80.81%), Phosphorus: 776.16mg (77.62%), Vitamin B3: 15.07mg (75.36%), Vitamin C: 53.31mg (64.62%), Potassium: 2192.93mg (62.66%), Iron: 8.9mg (49.44%), Vitamin B2: 0.78mg (45.96%), Vitamin B1: 0.55mg (36.86%), Magnesium: 133.79mg (33.45%), Copper: 0.56mg (27.83%), Fiber: 5.82g (23.29%), Manganese: 0.45mg (22.64%), Vitamin B5: 1.98mg (19.79%), Folate: 70.82µg (17.71%), Vitamin K: 11.99µg (11.42%), Calcium: 107.86mg (10.79%), Vitamin A: 447.24IU (8.94%),

Vitamin E: 0.22mg (1.48%)