

health-score 51%

HEALTH SCORE

The Roast Beast Master with Crispy Onions and Creamy Horseradish Sauce

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

1382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups buttermilk
- ☐ 2 teaspoons cayenne
- ☐ 2 teaspoons dijon mustard
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons honey
- ☐ 0.3 cup horseradish prepared
- ☐ 0.5 cup mayonnaise
- ☐ 8 onion rolls fresh toasted

- ☐ 2 onions thinly sliced
- ☐ 2 teaspoons paprika
- ☐ 2 pounds rare roast beef sliced thin
- ☐ 4 servings salt and freshly cracked pepper black
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 slices sharp cheddar thick
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 4 servings vegetable oil for frying

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ For the horseradish sauce: In a bowl, mix the mayonnaise, sour cream, horseradish, honey and Dijon. Season with salt and pepper.
- ☐ Pour the buttermilk over the onions and let them sit for about 30 minutes.
- ☐ Heat 3 inches of oil to 350 degrees F in a medium Dutch oven.
- ☐ Whisk together the flour, cayenne, paprika and some salt and pepper.
- ☐ Remove the onions from the buttermilk and toss them in the flour until thoroughly coated. Fry in batches until the batter is golden, 2 to 3 minutes.
- ☐ Let drain on paper towels and season with salt while hot.
- ☐ For the sandwich build: On the toasted onion rolls, begin with a slice of Cheddar, pile the meat high, add as many crispy onions as the sandwich will hold and schmear the top bun with a healthy portion of horseradish sauce.

Nutrition Facts



Properties

Glycemic Index:102.07, Glycemic Load:39.79, Inflammation Score:-9, Nutrition Score:53.396087024523%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 1381.99kcal (69.1%), Fat: 57.01g (87.71%), Saturated Fat: 17.18g (107.37%), Carbohydrates: 135.42g (45.14%), Net Carbohydrates: 128.14g (46.6%), Sugar: 20.7g (23%), Cholesterol: 199.2mg (66.4%), Sodium: 4946mg (215.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 81.79g (163.58%), Vitamin C: 110.92mg (134.45%), Vitamin B3: 25.1mg (125.49%), Calcium: 1174.81mg (117.48%), Vitamin B2: 1.37mg (80.47%), Vitamin B12: 4.8µg (79.97%), Phosphorus: 792.85mg (79.29%), Folate: 306.83µg (76.71%), Selenium: 52.18µg (74.55%), Vitamin B1: 1.11mg (74.11%), Iron: 13.25mg (73.63%), Zinc: 10.56mg (70.38%), Vitamin B6: 1.14mg (56.85%), Vitamin K: 54.66µg (52.06%), Vitamin A: 1588.23IU (31.76%), Manganese: 0.63mg (31.71%), Potassium: 1094.08mg (31.26%), Fiber: 7.28g (29.11%), Magnesium: 98.39mg (24.6%), Vitamin B5: 1.79mg (17.89%), Copper: 0.34mg (17.2%), Vitamin E: 2.2mg (14.67%), Vitamin D: 1.78µg (11.89%)