



Beef, Orange, and Gorgonzola Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bagged prewashed baby spinach
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cider vinegar
- ☐ 1.5 teaspoons olive oil extravirgin
- ☐ 8 ounces basic grilled flank steak thinly sliced
- ☐ 1 ounce gorgonzola blue crumbled
- ☐ 0.5 teaspoon orange rind grated
- ☐ 1 cup orange sections fresh (2 oranges)
- ☐ 0.1 teaspoon salt

☐ 8 ounce rolls french italian

Equipment

- ☐ paper towels
- ☐ whisk
- ☐ aluminum foil
- ☐ wax paper

Directions

- ☐ Combine first 5 ingredients, stirring with a whisk.
- ☐ Pat orange sections dry with a paper towel. Slice each roll in half.
- ☐ Layer bottom of each roll with 1/2 cup Basic Grilled Flank Steak, 1/4 cup baby spinach, 1 tablespoon cheese, and 1/4 cup orange sections.
- ☐ Drizzle each serving with about 2 teaspoons vinaigrette; top with top halves of rolls. Wrap in aluminum foil or wax paper; chill.

Nutrition Facts



Properties

Glycemic Index:61.63, Glycemic Load:20.25, Inflammation Score:-7, Nutrition Score:13.941739143885%

Flavonoids

Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 279.15kcal (13.96%), Fat: 8.21g (12.63%), Saturated Fat: 2.72g (17%), Carbohydrates: 31.89g (10.63%), Net Carbohydrates: 29.75g (10.82%), Sugar: 7.76g (8.63%), Cholesterol: 39.33mg (13.11%), Sodium: 424.18mg (18.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.62g (37.25%), Iron: 9.68mg (53.78%), Vitamin K: 38.08µg (36.27%), Vitamin C: 26.39mg (31.98%), Selenium: 18.07µg (25.81%), Vitamin B6: 0.4mg (19.85%), Vitamin B3:

3.79mg (18.94%), Vitamin A: 859.99IU (17.2%), Zinc: 2.44mg (16.24%), Phosphorus: 152.69mg (15.27%), Vitamin B12: 0.6µg (10.04%), Potassium: 341.65mg (9.76%), Folate: 38.06µg (9.51%), Fiber: 2.14g (8.55%), Calcium: 81.12mg (8.11%), Vitamin B2: 0.12mg (7.34%), Magnesium: 25.07mg (6.27%), Vitamin B5: 0.6mg (5.99%), Vitamin B1: 0.09mg (5.88%), Manganese: 0.11mg (5.61%), Vitamin E: 0.63mg (4.22%), Copper: 0.08mg (3.8%)