



Beefy ciabattas

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



713 kcal

Ingredients

- ☐ 8 rump steak thinly sliced
- ☐ 2 ciabatta bread
- ☐ 2 tbsp olive oil
- ☐ 8 mustard
- ☐ 1 onion very thinly sliced
- ☐ 2 garlic clove crushed
- ☐ 1 tbsp parsley fresh chopped
- ☐ 1 tsp oregano dried
- ☐ 175 ml red wine

☐ 6 tbsp olive oil

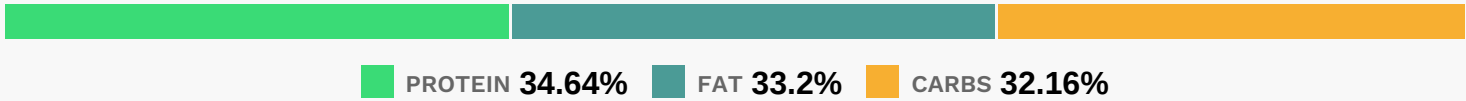
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ The day before; put all the marinade ingredients into a non-metallic bowl; mix well. Swish in the steak slices to coat them well. Cover and leave for at least two hours or overnight.
- ☐ To serve; preheat oven to 200C/Gas 6/fan oven 180C. Lift the steaks out of the marinade and pat dry with kitchen paper. Strain the marinade and onion, reserving both.
- ☐ Bake the loaves following the pack instructions.
- ☐ Heat a frying pan to searing hot, season and fry the steak in batches for 1-2 minutes on each side. Keep warm.
- ☐ Heat 1 tablespoon of the olive oil in the pan. Tip in the onion and fry for 1-2 minutes.
- ☐ Pour in the marinade, add a little salt and bubble to reduce slightly.
- ☐ Halve the loaves horizontally.
- ☐ Drizzle the cut sides with the remaining olive oil. For each loaf, fill with four radicchio leaves topped with four steak slices, some onion and juices.
- ☐ Cut each loaf into four and serve with your favourite mustard.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:24.923043476499%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 3.07mg, Malvidin: 3.07mg, Malvidin: 3.07mg, Malvidin: 3.07mg Peonidin: 0.28mg, Peonidin:

0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 1.07mg, Apigenin: 1.07mg, Apigenin: 1.07mg, Apigenin: 1.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 713.34kcal (35.67%), Fat: 25.29g (38.91%), Saturated Fat: 6.26g (39.11%), Carbohydrates: 55.11g (18.37%), Net Carbohydrates: 53.47g (19.44%), Sugar: 0.76g (0.84%), Cholesterol: 137.86mg (45.95%), Sodium: 693.24mg (30.14%), Alcohol: 2.35g (100%), Alcohol %: 0.76% (100%), Protein: 59.37g (118.74%), Vitamin B3: 16.86mg (84.31%), Selenium: 58.2µg (83.14%), Vitamin B6: 1.4mg (70.01%), Zinc: 9.44mg (62.91%), Phosphorus: 475.23mg (47.52%), Vitamin B12: 2.69µg (44.82%), Potassium: 831.29mg (23.75%), Iron: 4.03mg (22.41%), Vitamin K: 20.73µg (19.74%), Vitamin E: 2.81mg (18.76%), Vitamin B5: 1.51mg (15.09%), Vitamin B2: 0.26mg (15.03%), Magnesium: 57.53mg (14.38%), Vitamin B1: 0.15mg (9.97%), Copper: 0.18mg (8.89%), Folate: 33.56µg (8.39%), Calcium: 74.59mg (7.46%), Fiber: 1.64g (6.57%), Manganese: 0.11mg (5.37%), Vitamin C: 1.89mg (2.29%), Vitamin D: 0.23µg (1.51%)