



Black and Blue Steak Sandwich

 Popular

READY IN



40 min.

SERVINGS



4

CALORIES



959 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula tossed with 1 tablespoon balsamic vinaigrette
- ☐ 2 ounces cheese blue crumbled
- ☐ 4 tablespoons cheese dressing blue
- ☐ 4 ciabatta buns sliced
- ☐ 1 tablespoon olive oil
- ☐ 4 cups onion sliced
- ☐ 1 pound steak such as rib eye
- ☐ 4 servings your favourite steak spice blend to taste

☐ 0.5 cup water

Equipment

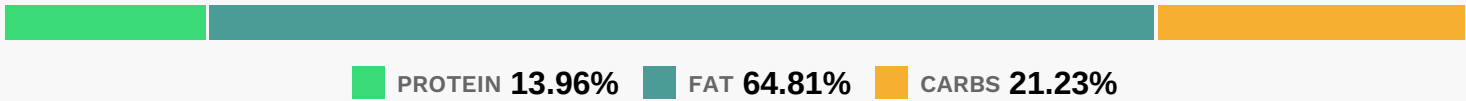
☐ frying pan

☐ grill

Directions

- ☐ Pull the steak out of the fridge.
- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the onions and the water and cook until completely tender, about 20–30 minutes, and set aside.Rub the salt and pepper (or steak spice blend) into the steak on both sides.Grill the steak for no more than 2 minutes per side over medium–high heat and let rest for 5 minutes before slicing it thinly.Assemble the sandwiches by placing the arugula tossed in balsamic vinaigrette on the bun followed by the sauteed onions, steak and blue cheese and dressing.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:3.4, Inflammation Score:–7, Nutrition Score:17.203043647434%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg

Nutrients (% of daily need)

Calories: 959.26kcal (47.96%), Fat: 68.55g (105.46%), Saturated Fat: 14.89g (93.06%), Carbohydrates: 50.52g (16.84%), Net Carbohydrates: 46.76g (17%), Sugar: 11.25g (12.5%), Cholesterol: 79.95mg (26.65%), Sodium: 1707.43mg (74.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.22g (66.45%), Selenium: 30.81µg (44.01%), Zinc: 6.53mg (43.56%), Vitamin B12: 2.09µg (34.83%), Vitamin B6: 0.68mg (34.07%), Vitamin B3: 5.94mg (29.68%), Phosphorus: 278.48mg (27.85%), Vitamin B2: 0.39mg (22.86%), Potassium: 587.18mg (16.78%), Calcium: 161.61mg (16.16%), Iron: 2.79mg (15.52%), Fiber: 3.76g (15.04%), Vitamin C: 11.91mg (14.43%), Manganese: 0.26mg

(12.88%), Vitamin B1: 0.18mg (12.15%), Magnesium: 47.12mg (11.78%), Vitamin K: 11.82µg (11.25%), Folate: 41.72µg (10.43%), Copper: 0.17mg (8.45%), Vitamin E: 0.79mg (5.28%), Vitamin B5: 0.45mg (4.51%), Vitamin A: 145.82IU (2.92%), Vitamin D: 0.18µg (1.23%)