



Black Pepper Crusted Steak Sandwiches with Aged Cheddar, Horseradish Mayonnaise and Watercress

READY IN



30 min.

SERVINGS



4

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound beef tenderloin
- 4 servings canola oil
- 8 slices aged cheddar
- 4 croissants toasted halved
- 2 tablespoons coarsely ground pepper fresh black
- 2 tablespoons horseradish prepared drained
- 4 servings kosher salt

- 0.5 cup mayonnaise prepared
- 4 servings salt
- 1 bunch watercress washed and dried
- 1 tablespoon grain mustard whole

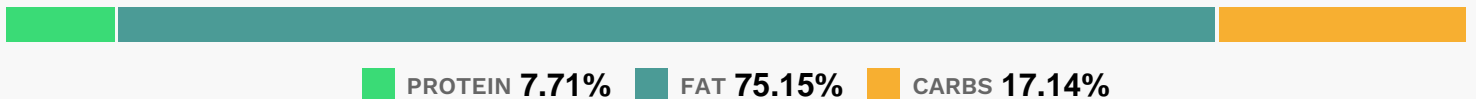
Equipment

- bowl
- whisk
- grill
- aluminum foil

Directions

- Heat grill to high. Rub meat with oil and season with salt and the black pepper. Grill on both sides until slightly charred and cooked to medium-rare doneness, about 4 minutes per side.
- Remove from the grill and let rest 5 minutes. Slice into 1/4-inch thick slices.
- Lay toasted croissant halves on a flat surface and top each half with a slice of the cheese. Divide the steak among 4 of the slices and combine halves make 4 sandwiches. Wrap each sandwich in foil, place on the grill and grill for 1 minute on each side.
- Remove from the grill and foil, lift 1 slice of the bread from each sandwich, and spread with a few tablespoons of Horseradish Mayonnaise. Top with a few sprigs of watercress and serve.
- Whisk together all ingredients in a small bowl. Season, to taste, with salt. Cover and refrigerate for at least 30 minutes before using.

Nutrition Facts



Properties

Glycemic Index:68.75, Glycemic Load:17.41, Inflammation Score:-7, Nutrition Score:16.402608788532%

Flavonoids

Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 698.41kcal (34.92%), Fat: 58.76g (90.39%), Saturated Fat: 17.56g (109.77%), Carbohydrates: 30.14g (10.05%), Net Carbohydrates: 27.46g (9.99%), Sugar: 7.4g (8.22%), Cholesterol: 83.95mg (27.98%), Sodium: 1082.53mg (47.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.57g (27.14%), Vitamin K: 78.15µg (74.43%), Selenium: 24.89µg (35.56%), Manganese: 0.62mg (30.87%), Calcium: 291.3mg (29.13%), Vitamin E: 4.21mg (28.07%), Phosphorus: 236.32mg (23.63%), Vitamin A: 1001.62IU (20.03%), Vitamin B2: 0.31mg (18.22%), Vitamin B1: 0.25mg (16.69%), Folate: 64.31µg (16.08%), Zinc: 1.85mg (12.31%), Fiber: 2.68g (10.72%), Iron: 1.67mg (9.27%), Vitamin B12: 0.49µg (8.09%), Vitamin B5: 0.76mg (7.59%), Magnesium: 28.86mg (7.21%), Vitamin B3: 1.36mg (6.81%), Copper: 0.11mg (5.71%), Vitamin C: 4.68mg (5.68%), Potassium: 183.69mg (5.25%), Vitamin B6: 0.08mg (4.18%), Vitamin D: 0.26µg (1.73%)