



Blue Cheese Steak Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



1130 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 crusty baguette french cut in half horizontally (5 to 6 inches)
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 lb flank steak
- ☐ 1 cup cheese blue crumbled
- ☐ 2 cups onion thinly sliced
- ☐ 1 teaspoon pepper freshly ground
- ☐ 0.3 cup salad dressing
- ☐ 1 teaspoon salt
- ☐ 4 tablespoons vegetable oil

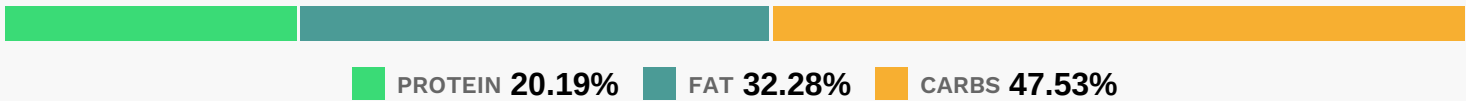
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ cutting board

Directions

- ☐ In 10-inch nonstick skillet, heat 2 tablespoons of the oil over medium heat.
- ☐ Add onions; cook, stirring occasionally, 10 to 12 minutes or until deep golden brown.
- ☐ Add vinegar, 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper; cook 1 minute longer or until liquid has evaporated.
- ☐ Remove from heat; set aside.
- ☐ In small bowl, mix cheese, mayonnaise and remaining 1/4 teaspoon pepper. Set aside.
- ☐ Heat gas or charcoal grill.
- ☐ Sprinkle steak with remaining 1/2 teaspoon of the salt and remaining 1/2 teaspoon of the pepper.
- ☐ Place steak on grill over medium-high heat. Cover grill; cook for 8- 10 minutes turning once for medium rare or until of desired doneness.
- ☐ Transfer steak to cutting board; let rest 10 minutes.
- ☐ Lightly brush cut sides of rolls with remaining 2 tablespoons of the oil.
- ☐ Place rolls, cut side down, on grill rack. Cook 1 to 2 minutes or until golden.
- ☐ Thinly slice steak across grain on the diagonal. Divide steak among bottom halves of rolls; top each with one-fourth of the onions.
- ☐ Spread cut sides of baguette tops with cheese mixture; place on top of onions.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.94, Glycemic Load:85.12, Inflammation Score:-9, Nutrition Score:43.773912901464%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 1129.51kcal (56.48%), Fat: 40.01g (61.55%), Saturated Fat: 12.72g (79.47%), Carbohydrates: 132.56g (44.19%), Net Carbohydrates: 125.83g (45.76%), Sugar: 18.6g (20.67%), Cholesterol: 93.35mg (31.12%), Sodium: 2774.2mg (120.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.3g (112.6%), Selenium: 82.16µg (117.38%), Vitamin B1: 1.59mg (105.85%), Vitamin B3: 18.88mg (94.4%), Folate: 309.68µg (77.42%), Manganese: 1.36mg (68.03%), Vitamin B2: 1.08mg (63.78%), Phosphorus: 625.62mg (62.56%), Iron: 10.81mg (60.05%), Vitamin B6: 1.11mg (55.6%), Zinc: 7.38mg (49.2%), Calcium: 490.19mg (49.02%), Vitamin K: 46.79µg (44.56%), Magnesium: 108.52mg (27.13%), Fiber: 6.74g (26.95%), Potassium: 932.06mg (26.63%), Vitamin B12: 1.44µg (24.06%), Vitamin B5: 2.35mg (23.48%), Copper: 0.44mg (22.14%), Vitamin E: 2.7mg (18.01%), Vitamin C: 6mg (7.27%), Vitamin A: 268.9IU (5.38%), Vitamin D: 0.17µg (1.13%)