



Chivito

READY IN



45 min.

SERVINGS



4

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup garlic aioli
- ☐ 4 boston lettuce leaves
- ☐ 4 servings coarse salt
- ☐ 4 ounces ham boiled
- ☐ 4 large eggs
- ☐ 4 ounces monterey jack sliced
- ☐ 2 tablespoons olive oil
- ☐ 4.1 inch thick pancetta
- ☐ 2 roasted peppers

- ☐ 4 sandwich rolls
- ☐ 1 rib fat-trimmed beef flank steak boneless sliced thin canned (you can ask the butcher to do this)
- ☐ 2 tomatoes sliced

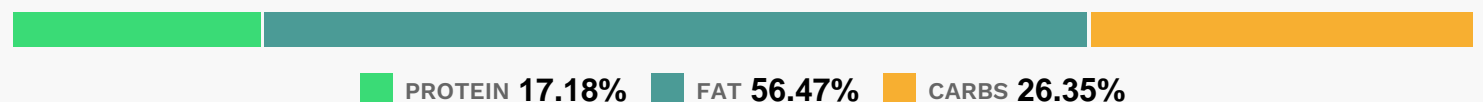
Equipment

- ☐ frying pan
- ☐ meat tenderizer

Directions

- ☐ Pound the steaks lightly with a meat mallet until they are evenly about 1/4 inch thick.
- ☐ Sprinkle with salt to taste.
- ☐ Split the rolls and spread aioli on both halves; set aside.
- ☐ Heat a chapa or a two-burner cast-iron griddle over medium-high heat. As it is heating, crisp the pancetta on it, turning once; set aside. When the chapa is hot enough that a drop of water sizzles on the surface, add the steaks and cook, without moving, for 2 minutes. Turn and cook for another minute, or until done to taste.
- ☐ Meanwhile heat the olive oil until it shimmers, then fry the eggs until the whites are cooked but the yolks are still runny.
- ☐ Place a steak on the bottom half of each of the rolls and top with a slice each of ham, cheese, and crisp pancetta and a fried egg. Cover the other halves with the lettuce, tomatoes, and roasted pepper, and close the sandwiches. Slice in half and serve.
- ☐ From Seven Fires: Grilling the Argentine Way by Francis Mallmann. Copyright © 2009 by Francis Mallmann; photography © 2009 by Santiago Solo Monllor. Published by Artisan, a division of Workman Publishing Company.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:20.499565124512%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 594.08kcal (29.7%), Fat: 36.33g (55.89%), Saturated Fat: 10.91g (68.16%), Carbohydrates: 38.15g (12.72%), Net Carbohydrates: 35.71g (12.99%), Sugar: 3.18g (3.53%), Cholesterol: 235.77mg (78.59%), Sodium: 1663.15mg (72.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.87g (49.73%), Selenium: 42.48µg (60.69%), Phosphorus: 377.17mg (37.72%), Vitamin B2: 0.56mg (32.93%), Vitamin A: 1594.31IU (31.89%), Calcium: 315.8mg (31.58%), Folate: 105.9µg (26.47%), Vitamin K: 25.62µg (24.4%), Vitamin B1: 0.34mg (22.67%), Iron: 3.92mg (21.8%), Vitamin C: 17.58mg (21.31%), Manganese: 0.41mg (20.33%), Zinc: 2.77mg (18.45%), Vitamin B3: 3.12mg (15.59%), Vitamin E: 2.22mg (14.78%), Copper: 0.27mg (13.51%), Potassium: 448.18mg (12.81%), Magnesium: 48.95mg (12.24%), Vitamin B12: 0.7µg (11.63%), Vitamin B5: 1.16mg (11.59%), Vitamin B6: 0.23mg (11.49%), Fiber: 2.44g (9.74%), Vitamin D: 1.18µg (7.87%)