



Ciabatta Cheese Steaks with the Works

READY IN



30 min.

SERVINGS



4

CALORIES



1480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 loaves ciabatta
- ☐ 4 flat iron steaks
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 clove garlic crushed peeled
- ☐ 4 servings grill seasoning
- ☐ 1.5 cups milk
- ☐ 4 servings nutmeg freshly grated
- ☐ 4 servings olive oil extra-virgin for coating, plus 2 tablespoons

- ☐ 1 large onion thinly sliced
- ☐ 0.3 cup peppers in a jar red yellow hot drained sliced sometimes labeled banana pepper rings
- ☐ 3 cubanelle peppers italian seeded thinly sliced mild frying peppers
- ☐ 2 cups provolone cheese grated
- ☐ 4 servings salt and pepper black freshly ground

Equipment

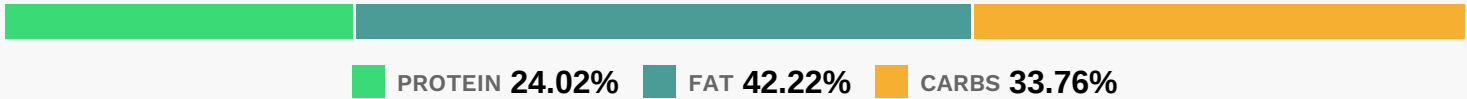
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Leave the steaks on the counter, to take chill off, while the grill or grill pan heats up to medium-high. Coat the steaks with extra-virgin olive oil and grill seasoning.
- ☐ Heat 2 tablespoons, 2 turns of the pan, extra-virgin olive oil in a skillet over medium-high heat.
- ☐ Add the cubanelle peppers, the garlic and onions and cook until very tender, 10 to 12 minutes.
- ☐ Add a splash of hot pepper juice and the hot pepper rings and remove from the heat.
- ☐ Heat oven to 250 degrees F.
- ☐ While the peppers cook, put the steaks on the hot grill and cook 10 minutes for rare, 2 minutes longer for each level of desired doneness, turning once about midway during the cook time. Meanwhile heat up a sauce pot over medium heat and add the butter. When the butter has melted, whisk in the flour and stir for 1 minute.
- ☐ Whisk in the milk and season with salt, pepper and nutmeg, to taste. Thicken the sauce for a couple of minutes, then reduce the heat to low.

- ☐
- When the steaks are cooked to desired doneness, remove them to a cutting board and let rest for 5 minutes. Thinly slice on an angle against the grain of the meat. While the meat rests, warm the bread in the oven. Stir the cheese into sauce.
- ☐
- To serve, split the bread lengthwise and spread the steak slices evenly across the bottoms of the bread. Top the steak with the sauce and the peppers and onions. Cover with the bread tops and cut the ciabatta into 4 equal portions

Nutrition Facts



Properties

Glycemic Index:89.75, Glycemic Load:5.59, Inflammation Score:-8, Nutrition Score:45.696956261345%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 4.23mg, Luteolin: 4.23mg, Luteolin: 4.23mg, Luteolin: 4.23mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg

Nutrients (% of daily need)

Calories: 1480.27kcal (74.01%), Fat: 69.15g (106.38%), Saturated Fat: 29.94g (187.13%), Carbohydrates: 124.39g (41.46%), Net Carbohydrates: 118.97g (43.26%), Sugar: 9.16g (10.17%), Cholesterol: 236.57mg (78.86%), Sodium: 1861.81mg (80.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 88.49g (176.98%), Vitamin B12: 14.09µg (234.91%), Zinc: 20.03mg (133.57%), Selenium: 87.62µg (125.18%), Phosphorus: 923.22mg (92.32%), Vitamin C: 75.07mg (90.99%), Calcium: 671.84mg (67.18%), Vitamin B6: 1.32mg (65.75%), Vitamin B2: 0.97mg (56.92%), Vitamin B3: 9.54mg (47.69%), Iron: 7.67mg (42.6%), Potassium: 1242.62mg (35.5%), Vitamin K: 35.19µg (33.52%), Vitamin B5: 3.2mg (32%), Vitamin B1: 0.42mg (28.2%), Magnesium: 104.1mg (26.02%), Vitamin A: 1290.23IU (25.8%), Manganese: 0.45mg (22.68%), Copper: 0.44mg (21.77%), Fiber: 5.41g (21.66%), Vitamin E: 3.17mg (21.13%), Folate: 41.54µg (10.39%), Vitamin D: 1.34µg (8.91%)