



Ciabatta Steak Sandwich

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ciabatta rolls sliced in 1/2 lengthwise
- ☐ 2 pound london broil
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons pesto
- ☐ 3 plum tomatoes sliced
- ☐ 1 tablespoon steak seasoning (recommended: Montreal Steak Seasoning)

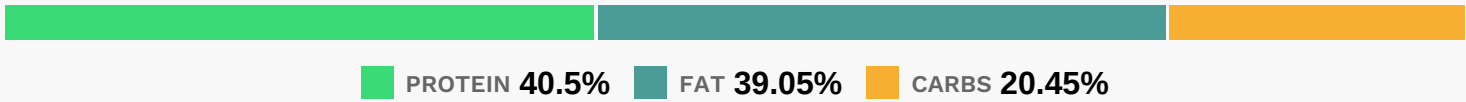
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium heat.
- ☐ Brush London broil with olive oil and season with steak seasoning.
- ☐ Place on grill. Grill 3 to 5 minutes per side, depending on thickness and preference. When done, let rest 5 minutes then slice on the bias.
- ☐ In a small bowl, combine pesto and mayonnaise.
- ☐ Spread mayonnaise blend on bottom half of each ciabatta. Top with tomato slices and meat. Cover with the top halves and serve.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.52, Inflammation Score:-6, Nutrition Score:29.201304412406%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 587.41kcal (29.37%), Fat: 24.95g (38.39%), Saturated Fat: 5.49g (34.3%), Carbohydrates: 29.41g (9.8%), Net Carbohydrates: 28g (10.18%), Sugar: 1.57g (1.75%), Cholesterol: 144.83mg (48.28%), Sodium: 581.24mg (25.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.22g (116.43%), Selenium: 72.74µg (103.92%), Vitamin B6: 1.59mg (79.57%), Vitamin B3: 15.91mg (79.54%), Zinc: 10.5mg (69.97%), Phosphorus: 523.83mg (52.38%), Vitamin B12: 3.08µg (51.31%), Vitamin K: 39.38µg (37.5%), Iron: 5.04mg (27.99%), Potassium: 965.83mg (27.6%), Vitamin B2: 0.35mg (20.4%), Vitamin B5: 1.61mg (16.05%), Magnesium: 64.19mg (16.05%), Vitamin B1: 0.24mg (15.78%), Copper: 0.28mg (14.06%), Vitamin E: 1.89mg (12.57%), Vitamin A: 573.97IU (11.48%), Folate: 40.81µg (10.2%), Vitamin C: 6.49mg (7.87%), Calcium: 77.74mg (7.77%), Manganese: 0.15mg (7.72%), Fiber: 1.41g (5.63%)