



## Cook the Book: Steak, Tomato, and Onion Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 teaspoons chiles in adobo sauce
- ☐ 4 ounces baby arugula
- ☐ 2 crusty baguette
- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 pounds beefsteak tomatoes cut into 1/2 -inch slices
- ☐ 2 teaspoons pepper black
- ☐ 1 chipotles in adobo canned

- ☐ 1 tablespoon garlic sliced
- ☐ 0.5 teaspoon pepper black
- ☐ 8 servings mayonnaise to taste
- ☐ 0.3 cup olive oil pure
- ☐ 1 pound onion red
- ☐ 2 pounds beef rib steak
- ☐ 1 teaspoon salt

## Equipment

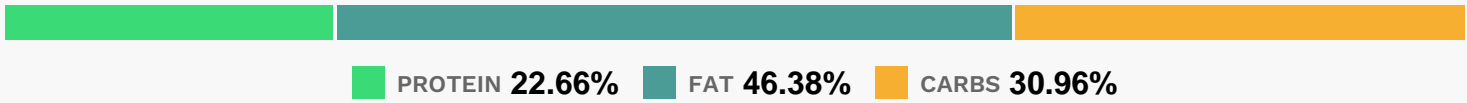
- ☐ bowl
- ☐ grill

## Directions

- ☐ Sprinkle the olive oil and garlic over the steaks. Generously season each side of the steaks with salt and pepper. Cover and refrigerate for 8 hours or overnight.
- ☐ To make the chipotle mayonnaise: Split the chipotle pepper in half; remove the seeds. Purée with the adobo sauce in a processor or chop very fine. Stir the purée into the mayonnaise. Reserve.
- ☐ Thirty minutes prior to cooking, remove the steaks from the refrigerator so that they come to room temperature.
- ☐ Heat the grill.
- ☐ Peel and slice the red onions into 1/2-inch slices.
- ☐ Brush the onions and tomatoes with oil and season with salt and pepper. Grill the onions over moderate heat until done, about 8 minutes per side. Put in a bowl and toss with the balsamic vinegar. Reserve and keep warm.
- ☐ Grill the steak. This should take about 5 minutes per side for medium rare.
- ☐ Remove from grill and let rest for 5 minutes.
- ☐ Cut into 1/4-inch slices.
- ☐ Cut the baguette into four 5 to 6 inch pieces. Split each in half and brush lightly with olive oil. Grill crumb side down until warm.

Spread chipotle mayonnaise on a piece of baguette, cut the tomato into half moons, and put slices on the bread with the steak, onions, and arugula. Cover with the top of the baguette and serve.

# Nutrition Facts



## Properties

Glycemic Index:45.34, Glycemic Load:23.57, Inflammation Score:-9, Nutrition Score:25.614782418894%

## Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg 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: 3.45mg, Isorhamnetin: 3.45mg, Isorhamnetin: 3.45mg, Isorhamnetin: 3.45mg Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 13.31mg, Quercetin: 13.31mg, Quercetin: 13.31mg, Quercetin: 13.31mg

## Nutrients (% of daily need)

Calories: 542.46kcal (27.12%), Fat: 28.15g (43.3%), Saturated Fat: 8.99g (56.16%), Carbohydrates: 42.27g (14.09%), Net Carbohydrates: 38.02g (13.83%), Sugar: 9.39g (10.44%), Cholesterol: 70.85mg (23.62%), Sodium: 988.84mg (42.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.95g (61.89%), Selenium: 39.05µg (55.78%), Vitamin B3: 9.19mg (45.96%), Zinc: 6.7mg (44.66%), Vitamin K: 39.93µg (38.03%), Vitamin B1: 0.54mg (36.09%), Vitamin B6: 0.7mg (35.06%), Manganese: 0.64mg (32.03%), Vitamin B12: 1.89µg (31.45%), Vitamin B2: 0.52mg (30.83%), Folate: 112.26µg (28.06%), Phosphorus: 278.29mg (27.83%), Iron: 4.98mg (27.66%), Vitamin C: 22.24mg (26.96%), Vitamin A: 1308.06IU (26.16%), Potassium: 805.31mg (23.01%), Fiber: 4.25g (16.99%), Magnesium: 67mg (16.75%), Copper: 0.28mg (13.88%), Vitamin E: 2.01mg (13.4%), Calcium: 128.39mg (12.84%), Vitamin B5: 0.49mg (4.9%)