



WHATSheATE



Croissant Steak Sandwiches with Caramelized Onions and Horseradish Mayonnaise

READY IN



45 min.

SERVINGS



4

CALORIES



957 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 1 cup beef broth
- ☐ 3 beef tenderloin steaks 1-inch-thick
- ☐ 4 tablespoons butter divided ()
- ☐ 4 large croissants lightly toasted halved
- ☐ 0.3 cup horseradish white prepared
- ☐ 0.5 cup mayonnaise
- ☐ 3 medium onions thinly sliced

☐ 5 cups mushroom caps stemmed thinly sliced

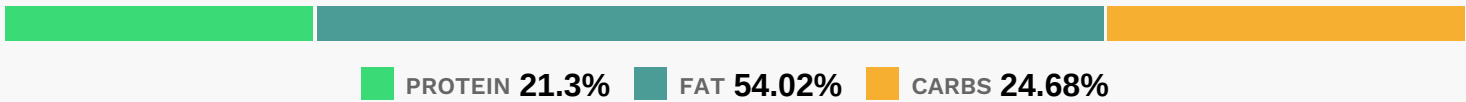
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ tongs

Directions

- ☐ Mix mayonnaise and horseradish in small bowl to blend.
- ☐ Melt 1 tablespoon butter in heavy large skillet over medium-high heat.
- ☐ Sprinkle tenderloin steaks with salt and pepper.
- ☐ Add steaks to skillet and cook to desired doneness, about 5 minutes per side for medium-rare. Using tongs, transfer steaks to work surface.
- ☐ Melt 3 tablespoons butter in same skillet over medium-high heat.
- ☐ Add onions; sauté until dark brown, about 25 minutes.
- ☐ Add mushrooms; sauté until tender, about 5 minutes.
- ☐ Add broth; boil until juices are reduced to glaze, stirring occasionally, about 1 minute. Season onion mixture to taste with salt and pepper.
- ☐ Place 1 croissant bottom, cut side up, on each of 4 plates.
- ☐ Spread each with horseradish mayonnaise and top with 1/2 cup arugula. Thinly slice steaks and divide among croissants. Top with onion mixture.
- ☐ Spread remaining mayonnaise on cut side of croissant tops.
- ☐ Place tops on sandwiches.

Nutrition Facts



Properties

Glycemic Index:73.25, Glycemic Load:25.54, Inflammation Score:-9, Nutrition Score:45.385217417841%

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: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg, Kaempferol: 4.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 17.54mg, Quercetin: 17.54mg, Quercetin: 17.54mg, Quercetin: 17.54mg

Nutrients (% of daily need)

Calories: 956.61kcal (47.83%), Fat: 58.19g (89.52%), Saturated Fat: 22.15g (138.42%), Carbohydrates: 59.83g (19.94%), Net Carbohydrates: 48.96g (17.8%), Sugar: 19.36g (21.52%), Cholesterol: 195.23mg (65.08%), Sodium: 935.95mg (40.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.63g (103.26%), Selenium: 85.08µg (121.54%), Vitamin B3: 23.94mg (119.7%), Vitamin B6: 2.05mg (102.34%), Phosphorus: 791.82mg (79.18%), Zinc: 10.51mg (70.05%), Vitamin B5: 6.15mg (61.47%), Vitamin B2: 1.03mg (60.69%), Vitamin K: 61.28µg (58.37%), Manganese: 1.05mg (52.74%), Potassium: 1773.5mg (50.67%), Fiber: 10.86g (43.45%), Folate: 154.66µg (38.67%), Iron: 5.78mg (32.09%), Copper: 0.64mg (31.87%), Vitamin B1: 0.48mg (31.73%), Magnesium: 124.96mg (31.24%), Vitamin B12: 1.78µg (29.72%), Vitamin A: 1105.79IU (22.12%), Vitamin E: 2.39mg (15.95%), Vitamin C: 11.47mg (13.91%), Calcium: 120.31mg (12.03%), Vitamin D: 1.19µg (7.91%)