



WHATSheATE



Flank Steak Sandwiches With Blue Cheese

 Gluten Free

READY IN



42 min.

SERVINGS



6

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups arugula loosely packed
- ☐ 5 ounces cheese blue soft
- ☐ 12 oz deli honey ham split
- ☐ 6 servings flank steak
- ☐ 6 tablespoons mayonnaise
- ☐ 4 tablespoons olive oil divided
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 3 bell pepper red

- ☐ 0.5 teaspoon salt
- ☐ 2 large onion sweet

Equipment

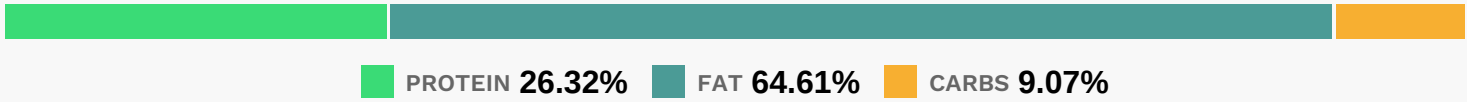
- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to 400 to 450 (high) heat.
- ☐ Cut onion into 1/4-inch-thick slices.
- ☐ Brush with 1 Tbsp. olive oil, and sprinkle with 1/4 tsp. salt and 1/4 tsp. pepper.
- ☐ Cut bell peppers into 1-inch-wide strips.
- ☐ Place pepper strips in a large bowl, and drizzle with 1 Tbsp. olive oil.
- ☐ Sprinkle with remaining 1/4 tsp. salt and 1/4 tsp. pepper; toss to coat.
- ☐ Grill onion and bell pepper strips, covered with grill lid, over 400 to 450 (high) heat 7 to 10 minutes on each side or until lightly charred and tender.
- ☐ Brush cut sides of rolls with remaining 2 Tbsp. olive oil, and grill, cut sides down, without grill lid, over 400 to 450 (high) heat 1 to 2 minutes or until lightly browned and toasted.
- ☐ Spread blue cheese on cut sides of roll bottoms; top with arugula, bell pepper strips, steak, and onion.
- ☐ Spread mayonnaise on cut sides of roll tops.
- ☐ Place roll tops, mayonnaise sides down, on top of onion, pressing lightly.
- ☐ *French hamburger buns may be substituted. We tested with Publix French Hamburger Buns.
- ☐ Note: We tested with Saga Classic Soft-Ripened Blue-Veined Cheese.
- ☐ Flank Steak Sandwiches With Brie: Substitute 5 oz. Brie, rind removed, for blue cheese. Proceed with recipe as directed.
- ☐ Herb Chicken Sandwiches: Substitute Herb-Marinated Chicken Breasts for flank steak. Proceed with recipe as directed.
- ☐ Herb Chicken Sandwiches With Grilled Peaches: Reduce onions to 1 and red bell peppers to

Cut 2 large peaches into 1/4-inch-thick rounds, cutting through stem and bottom ends. Proceed with recipe as directed, grilling peach slices, covered with grill lid, over 350 to 400 (medium-high) heat 3 to 5 minutes on each side or until grill marks appear. Assemble sandwiches as directed, topping onion with peach slices. Prep: 20 min., Grill: 32 min., Stand: 10 min.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:28.671738956286%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 16.55mg, Quercetin: 16.55mg, Quercetin: 16.55mg, Quercetin: 16.55mg

Nutrients (% of daily need)

Calories: 567.78kcal (28.39%), Fat: 40.65g (62.54%), Saturated Fat: 12.54g (78.37%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 10.48g (3.81%), Sugar: 8.34g (9.27%), Cholesterol: 109.75mg (36.58%), Sodium: 1285.22mg (55.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.25g (74.51%), Vitamin C: 82.21mg (99.64%), Selenium: 42.33µg (60.47%), Vitamin B6: 1.09mg (54.54%), Vitamin B3: 8.81mg (44.05%), Phosphorus: 435.53mg (43.55%), Vitamin A: 2172.97IU (43.46%), Vitamin K: 38.99µg (37.14%), Zinc: 5.54mg (36.92%), Vitamin B1: 0.49mg (32.66%), Vitamin B12: 1.44µg (24.02%), Vitamin B2: 0.39mg (23.13%), Potassium: 792.93mg (22.66%), Vitamin E: 3.3mg (21.99%), Folate: 79.58µg (19.9%), Calcium: 182.86mg (18.29%), Vitamin B5: 1.55mg (15.48%), Iron: 2.59mg (14.39%), Magnesium: 54.76mg (13.69%), Manganese: 0.21mg (10.43%), Copper: 0.2mg (9.96%), Fiber: 2.36g (9.46%), Vitamin D: 0.54µg (3.62%)