



Flank Steak Sandwiches With Brie

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups arugula loosely packed
- ☐ 5 ounces round of président brie
- ☐ 12 oz deli rolls split
- ☐ 6 servings herb-marinated flank steak
- ☐ 6 tablespoons mayonnaise
- ☐ 4 tablespoons olive oil divided
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 3 bell peppers red

- ☐ 0.5 teaspoon salt
- ☐ 2 large onions sweet

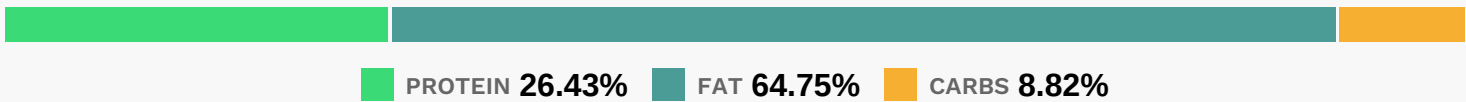
Equipment

- ☐ 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 Brie 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.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:0.87, Inflammation Score:-9, Nutrition Score:28.188260824784%

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, 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: 563.29kcal (28.16%), Fat: 40.41g (62.17%), Saturated Fat: 12.23g (76.45%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 10.03g (3.65%), Sugar: 8.33g (9.25%), Cholesterol: 115.66mg (38.55%), Sodium: 1162.13mg (50.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.11g (74.22%), Vitamin C: 82.21mg (99.64%), Selenium: 42.33µg (60.47%), Vitamin B6: 1.11mg (55.35%), Vitamin B3: 8.66mg (43.29%), Vitamin A: 2132.57IU (42.65%), Phosphorus: 388.51mg (38.85%), Vitamin K: 38.97µg (37.12%), Zinc: 5.47mg (36.48%), Vitamin B1: 0.5mg (33.31%), Vitamin B12: 1.54µg (25.72%), Vitamin B2: 0.43mg (25.05%), Vitamin E: 3.3mg (21.97%), Potassium: 768.36mg (21.95%), Folate: 86.43µg (21.61%), Iron: 2.64mg (14.64%), Magnesium: 54.05mg (13.51%), Vitamin B5: 1.3mg (13.03%), Manganese: 0.21mg (10.73%), Calcium: 101.59mg (10.16%), Copper: 0.19mg (9.72%), Fiber: 2.36g (9.46%), Vitamin D: 0.54µg (3.62%)