



French Dip Steak Sandwiches with Horseradish Sauce

READY IN



40 min.

SERVINGS



2

CALORIES



1042 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small baguettes split
- ☐ 1.5 cups beef broth
- ☐ 0.5 teaspoon granulated sugar
- ☐ 0.8 teaspoon horseradish prepared
- ☐ 2 servings olive oil for the grill pan
- ☐ 1.5 cups onion soup french
- ☐ 0.3 teaspoon freshly cracked pepper black
- ☐ 2 servings freshly cracked pepper black

- ☐ 1 rib-eye steak boneless 8 ounces,
- ☐ 0.1 teaspoon salt plus more to taste
- ☐ 1 teaspoon salt
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 teaspoons worcestershire sauce plus more to taste

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the sour cream, horseradish, salt and pepper in a medium bowl. Cover and refrigerate to develop the flavors.
- ☐ Combine the onion soup, beef broth, sugar, Worcestershire sauce, salt and 3/4 cold water in a saucepan and bring to a boil over medium-high heat.
- ☐ Reduce heat and simmer 5 minutes. Taste and season with pepper and more salt if needed. Strain the mixture and discard the onions (if there were any in the soup.) Cover and keep warm.
- ☐ Heat a grill or grill pan over high heat. Oil the grill pan if needed. Season the steak with salt and lots of black pepper. Grill the steak for 2 to 3 minutes per side for medium rare.
- ☐ Let the steak rest, then thinly slice.
- ☐ Spread the horseradish sauce on one side of each baguette. Dip the steak slices in the warm au jus and place on top of the bread with horseradish sauce, then place the other slices of bread on top.
- ☐ Transfer the remaining au jus to two dipping bowls and serve with the sandwiches for dipping.

Nutrition Facts



 **PROTEIN 15.47%**  **FAT 36.5%**  **CARBS 48.03%**

Properties

Glycemic Index:136.42, Glycemic Load:4.11, Inflammation Score:-7, Nutrition Score:35.439130886741%

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

Nutrients (% of daily need)

Calories: 1041.55kcal (52.08%), Fat: 42.44g (65.29%), Saturated Fat: 15.27g (95.41%), Carbohydrates: 125.65g (41.88%), Net Carbohydrates: 113.56g (41.29%), Sugar: 12.43g (13.81%), Cholesterol: 102.86mg (34.28%), Sodium: 16452.61mg (715.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.48g (80.96%), Vitamin B6: 1.54mg (76.91%), Manganese: 1.31mg (65.69%), Phosphorus: 618.61mg (61.86%), Selenium: 41.67µg (59.52%), Vitamin B2: 0.93mg (54.82%), Zinc: 8.09mg (53.93%), Potassium: 1822.69mg (52.08%), Vitamin B3: 10.11mg (50.55%), Fiber: 12.1g (48.39%), Vitamin B1: 0.67mg (44.84%), Copper: 0.76mg (37.86%), Magnesium: 144.23mg (36.06%), Vitamin B12: 2.12µg (35.38%), Calcium: 351.45mg (35.14%), Iron: 5.31mg (29.51%), Vitamin B5: 1.79mg (17.9%), Vitamin E: 2.5mg (16.69%), Vitamin K: 14.59µg (13.9%), Vitamin C: 7.8mg (9.45%), Vitamin A: 409.03IU (8.18%), Folate: 22.77µg (5.69%)