



Green Chile Steak Melt Panini

 Popular

READY IN



110 min.

SERVINGS



4

CALORIES



1012 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chipotle in adobo sauce
- ☐ 1.5 teaspoon chiles in adobo sauce
- ☐ 4 servings caramelized onions
- ☐ 7 oz roasted chiles whole green chopped canned
- ☐ 4 servings chipotle mayonnaise
- ☐ 1 tablespoon chives finely chopped
- ☐ 1 ciabatta loaf cut into 4 sections
- ☐ 1 tablespoon olive oil extra virgin

- ☐ 4 servings kosher salt and pepper
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 8 slices monterrey jack cheese
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 pound new york strip steak
- ☐ 3 medium onions yellow

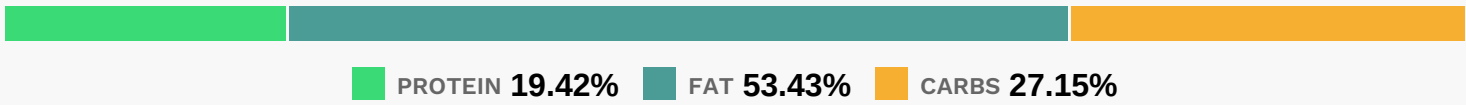
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in a large skillet over medium heat.
- ☐ Add the onions and cook for 10 minutes, stirring occasionally.Reduce the heat. Season with salt and pepper and continue to cook, stirring often to prevent scorching, until the onions are soft, deep brown in color and caramelized, another 40 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:63.25, Glycemic Load:3.84, Inflammation Score:-8, Nutrition Score:28.352608856948%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 4.94mg, Isorhamnetin: 4.94mg, Isorhamnetin: 4.94mg, Isorhamnetin: 4.94mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 19.83mg, Quercetin: 19.83mg, Quercetin: 19.83mg, Quercetin: 19.83mg

Nutrients (% of daily need)

Calories: 1012.32kcal (50.62%), Fat: 60.02g (92.33%), Saturated Fat: 21.92g (136.99%), Carbohydrates: 68.64g (22.88%), Net Carbohydrates: 64.26g (23.37%), Sugar: 7.95g (8.84%), Cholesterol: 152.32mg (50.77%), Sodium: 1648.79mg (71.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.08g (98.15%), Vitamin C: 79.54mg (96.41%), Vitamin K: 60.09µg (57.23%), Vitamin B6: 1.06mg (53.08%), Phosphorus: 519.86mg (51.99%), Selenium: 36.22µg (51.74%), Calcium: 479.12mg (47.91%), Zinc: 5.94mg (39.6%), Vitamin B3: 7.04mg (35.19%), Vitamin B12: 1.61µg (26.83%), Vitamin B2: 0.42mg (24.79%), Potassium: 716.41mg (20.47%), Vitamin A: 960.66IU (19.21%), Fiber: 4.37g (17.49%), Iron: 3.04mg (16.88%), Vitamin E: 2.42mg (16.1%), Magnesium: 61.37mg (15.34%), Folate: 55.11µg (13.78%), Manganese: 0.25mg (12.65%), Vitamin B1: 0.18mg (11.83%), Vitamin B5: 1.05mg (10.52%), Copper: 0.21mg (10.46%), Vitamin D: 0.39µg (2.61%)