



Grilled

READY IN



25 min.

SERVINGS



4

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons mustard dry
- ☐ 2 filet mignons
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons olive oil
- ☐ 4 servings grilled and onions red yellow coarsely chopped
- ☐ 4 servings grilled peppers green sliced
- ☐ 4 servings grilled cubano peppers sliced
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1.5 cups sharp cheddar yellow grated

- ☐ 4 rolls split italian soft
- ☐ 2 tablespoons butter unsalted
- ☐ 2 cups milk whole

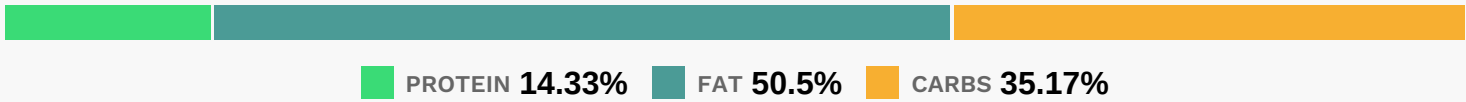
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat grill to high. Melt butter in a medium saucepan on top of the grates of the grill.
- ☐ Whisk in flour and cook for 1 minute.
- ☐ Add the milk and cook until thickened.
- ☐ Whisk in the cheese and cook until melted.
- ☐ Add dry mustard and season with salt and pepper. Keep warm.
- ☐ Brush filets with oil on both sides and season with salt and pepper. Grill for 2 to 3 minutes on each side for rare, which is desired for this sandwich.
- ☐ Let rest for 5 minutes and then slice into 1/8-inch thick slices.
- ☐ Slice 7/8 of the way through the rolls and fill each with several slices of the beef, cheese sauce, and any or all of the toppings. Return sandwiches to the grill, close top, and grill very briefly just to heat through.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:28.96, Inflammation Score:-8, Nutrition Score:22.763913092406%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.62mg, Luteolin: 5.62mg, Luteolin: 5.62mg, Luteolin: 5.62mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.79mg, Quercetin: 13.79mg, Quercetin: 13.79mg

Nutrients (% of daily need)

Calories: 595.93kcal (29.8%), Fat: 33.85g (52.07%), Saturated Fat: 15.08g (94.28%), Carbohydrates: 53.05g (17.68%), Net Carbohydrates: 48.81g (17.75%), Sugar: 15.61g (17.34%), Cholesterol: 72.07mg (24.02%), Sodium: 816.69mg (35.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.61g (43.21%), Vitamin C: 99.82mg (120.99%), Iron: 11.55mg (64.15%), Calcium: 485.68mg (48.57%), Phosphorus: 371.06mg (37.11%), Selenium: 18.01µg (25.73%), Vitamin B2: 0.43mg (25.11%), Vitamin A: 1238.88IU (24.78%), Vitamin B6: 0.44mg (22.1%), Vitamin B12: 1.12µg (18.66%), Fiber: 4.25g (16.99%), Zinc: 2.4mg (15.98%), Potassium: 517.36mg (14.78%), Vitamin K: 15.18µg (14.46%), Vitamin B1: 0.21mg (14.11%), Manganese: 0.28mg (13.8%), Vitamin E: 2.05mg (13.69%), Magnesium: 48.15mg (12.04%), Vitamin D: 1.7µg (11.34%), Folate: 39.94µg (9.99%), Vitamin B5: 0.85mg (8.48%), Copper: 0.13mg (6.42%), Vitamin B3: 1.06mg (5.28%)