



Grilled Steak Sandwiches with Brie, Roasted Peppers, and Watercress

READY IN



45 min.

SERVINGS



6

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound frangelico trimmed
- ☐ 0.5 pound round of président brie chilled cut into 1/4-inch-thick slices
- ☐ 6 ciabatta rolls
- ☐ 6 tablespoons dijon mustard
- ☐ 6 hardboiled eggs peeled sliced
- ☐ 2 tablespoons herbs de provence dried
- ☐ 6 tablespoons mayonnaise
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

- ☐ 3 large bell pepper red
- ☐ 2 cups watercress loosely packed ()

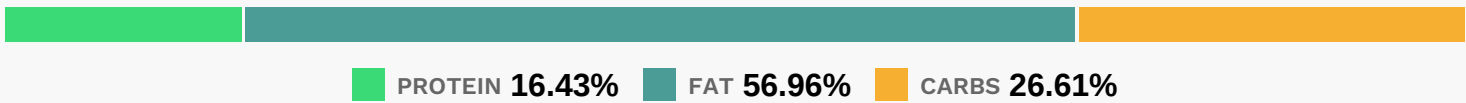
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Char peppers over gas flame or in broiler until blackened on all sides, turning occasionally.
- ☐ Transfer to medium bowl. Cover with plastic wrap and cool. Peel, seed, and cut peppers lengthwise into 1/2-inch-wide strips. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Brush beef with oil; sprinkle with herbes de Provence, salt, and pepper.
- ☐ Let stand 30 minutes at room temperature.
- ☐ Prepare barbecue (medium-high heat). Grill beef to desired doneness, turning occasionally, about 30 minutes for rare.
- ☐ Transfer beef to plate. Chill uncovered until cold, about 4 hours.
- ☐ Slice beef.
- ☐ Cut rolls horizontally in half.
- ☐ Spread mayonnaise and mustard over cut sides of rolls. Arrange beef, Brie, watercress, eggs, and bell pepper strips on bottom half of rolls. Cover with roll tops. (Can be made 1 day ahead. Wrap in foil and refrigerate.)

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:1.19, Inflammation Score:-10, Nutrition Score:24.312608553016%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 503.84kcal (25.19%), Fat: 32.17g (49.49%), Saturated Fat: 10.84g (67.76%), Carbohydrates: 33.81g (11.27%), Net Carbohydrates: 30.28g (11.01%), Sugar: 4.51g (5.01%), Cholesterol: 230.18mg (76.73%), Sodium: 836.81mg (36.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.88g (41.76%), Vitamin C: 110.56mg (134.01%), Vitamin K: 82.09µg (78.18%), Vitamin A: 3483.26IU (69.67%), Selenium: 26.55µg (37.93%), Vitamin B2: 0.55mg (32.6%), Folate: 90.71µg (22.68%), Vitamin E: 3.3mg (21.99%), Vitamin B6: 0.42mg (21.07%), Phosphorus: 207mg (20.7%), Vitamin B12: 1.2µg (19.92%), Iron: 3.1mg (17.23%), Manganese: 0.31mg (15.69%), Calcium: 149.71mg (14.97%), Fiber: 3.53g (14.13%), Vitamin B5: 1.32mg (13.24%), Zinc: 1.84mg (12.28%), Potassium: 367.08mg (10.49%), Vitamin B1: 0.15mg (10.04%), Vitamin D: 1.32µg (8.78%), Magnesium: 35.05mg (8.76%), Vitamin B3: 1.15mg (5.76%), Copper: 0.06mg (3.08%)