



Grilled Steak Sandwiches with Marinated Watercress, Onion, and Tomato Salad

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon t brown sugar dark
- ☐ 1.8 teaspoons ground mustard dry divided
- ☐ 6 pieces crusty baguette french
- ☐ 0.5 cup olive oil
- ☐ 4 large plum tomatoes very thinly sliced
- ☐ 2 pound tri-tip beef roast
- ☐ 1 bunch watercress trimmed

- ☐ 6 tablespoons balsamic vinegar white
- ☐ 0.5 onion white very thinly sliced

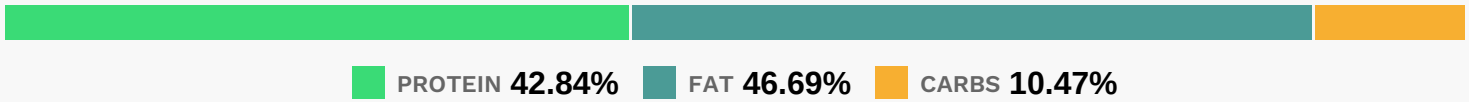
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Whisk oil, vinegar, and 3/4 teaspoon mustard in large bowl. Season dressing with salt and pepper.
- ☐ Transfer 2 tablespoons dressing to small bowl; whisk in sugar and 1 teaspoon mustard.
- ☐ Sprinkle beef all over with salt and pepper, then top with mixture from small bowl.
- ☐ Grill beef until thermometer inserted into thickest part registers 120°F to 125°F for rare, turning occasionally, about 30 minutes.
- ☐ Place on cutting board; let rest 10 minutes.
- ☐ Cut very thinly across grain.
- ☐ Meanwhile, add tomatoes, watercress, and onion to dressing in large bowl. Marinate while beef grills, tossing occasionally. Grill bread, cut side down, until just crusty, about 3 minutes; place on plates, grilled side up.
- ☐ Arrange beef slices over bread. Using tongs and draining slightly, top with salad.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:36.46, Glycemic Load:2.31, Inflammation Score:-5, Nutrition Score:16.726956554081%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 308kcal (15.4%), Fat: 15.55g (23.92%), Saturated Fat: 4.8g (29.98%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 7.08g (2.58%), Sugar: 5.9g (6.56%), Cholesterol: 98.28mg (32.76%), Sodium: 94.84mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.1g (64.19%), Selenium: 37.93µg (54.19%), Vitamin B6: 0.92mg (45.77%), Vitamin B3: 8.68mg (43.4%), Zinc: 5.5mg (36.66%), Phosphorus: 317.3mg (31.73%), Vitamin B12: 1.48µg (24.7%), Potassium: 636.6mg (18.19%), Vitamin K: 17.76µg (16.92%), Iron: 2.66mg (14.78%), Vitamin B2: 0.19mg (11.14%), Magnesium: 42.61mg (10.65%), Vitamin C: 8.17mg (9.91%), Vitamin B1: 0.15mg (9.71%), Vitamin B5: 0.96mg (9.57%), Vitamin A: 477.63IU (9.55%), Vitamin E: 1.29mg (8.58%), Copper: 0.15mg (7.58%), Folate: 26.98µg (6.75%), Manganese: 0.13mg (6.27%), Calcium: 56.15mg (5.61%), Fiber: 0.76g (3.06%)