



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%)