



## Italian Barbecued Beef Sandwiches with Hot and Sweet Caprese Salad

READY IN



65 min.

SERVINGS



4

CALORIES



1558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons aged balsamic vinegar
- 0.5 cup basil leaves chopped
- 4 balls baby mozzarella balls quartered
- 16 cherry tomatoes halved
- 1 cup chicken stock-in-a-box
- 4 chunks of ciabatta bread italian
- 2 tablespoons brown sugar dark
- 2 large cloves garlic finely chopped

- 0.3 palmful coarsely ground pepper black
- 1 cup catsup
- 2 tablespoons amber maple syrup dark
- 4 servings olive oil extra-virgin for drizzling
- 1 cup giardiniera pickled vegetables italian hot drained chopped
- 1.5 pounds pan drippings from roast beef preferably italian sliced (substitute thick-sliced deli beef when leftovers are not available)
- 4 servings salt and pepper black freshly ground
- 1 teaspoon paprika smoked sweet
- 2 cups watercress leaves chopped
- 2 tablespoons worcestershire sauce

## Equipment

- bowl
- frying pan
- pot

## Directions

- Combine all of the ingredients for the barbecue sauce in small pot and bring it to a boil over medium heat. Reduce the heat to low and cook until thickened, about 30 minutes. Cool completely and store in the refrigerator for a make-ahead meal.
- Reheat the sauce over medium-low heat to warm.
- Heat the stock in a skillet over medium heat until boiling. Reduce the heat to low, add the roast beef and simmer until the meat is warmed through but not dried out. When the liquids have just about evaporated, pour the barbecue sauce over the meat and stir gently to combine.
- Lightly toast or warm the bread. Pile the barbecue meat into the sub rolls and top with pickled chopped vegetables.
- Add the arugula, the cheese, tomatoes and basil to medium salad bowl. Douse with extra-virgin olive oil and season with salt and pepper, to taste. Toss to combine and serve with the beef sandwiches.

# Nutrition Facts

PROTEIN 20.5% FAT 14.08% CARBS 65.42%

## Properties

Glycemic Index:85.63, Glycemic Load:5.66, Inflammation Score:-10, Nutrition Score:36.597391418789%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 3.93mg, Kaempferol: 3.93mg, Kaempferol: 3.93mg, Kaempferol: 3.93mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

## Nutrients (% of daily need)

Calories: 1558.01kcal (77.9%), Fat: 24.52g (37.73%), Saturated Fat: 6.12g (38.25%), Carbohydrates: 256.45g (85.48%), Net Carbohydrates: 248.64g (90.41%), Sugar: 29.99g (33.32%), Cholesterol: 99.12mg (33.04%), Sodium: 5548.38mg (241.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 80.37g (160.75%), Vitamin C: 108.79mg (131.86%), Vitamin A: 3907.45IU (78.15%), Vitamin B3: 15.57mg (77.87%), Vitamin K: 68.01µg (64.78%), Calcium: 568.24mg (56.82%), Vitamin B6: 0.97mg (48.4%), Vitamin B12: 2.89µg (48.19%), Zinc: 6.81mg (45.39%), Phosphorus: 429.63mg (42.96%), Vitamin B2: 0.58mg (34.25%), Potassium: 1149.43mg (32.84%), Manganese: 0.66mg (32.8%), Iron: 5.75mg (31.94%), Fiber: 7.81g (31.25%), Vitamin E: 3.64mg (24.27%), Selenium: 14.19µg (20.27%), Magnesium: 75.21mg (18.8%), Copper: 0.35mg (17.69%), Vitamin B1: 0.22mg (14.52%), Folate: 50.54µg (12.64%), Vitamin B5: 0.79mg (7.91%)