

 food
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London Broil and Portobello Sandwich

READY IN



55 min.

SERVINGS



4

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup arugula leaves packed coarsely chopped ()
- 0.3 cup balsamic vinegar
- 4 pieces ciabatta bread split
- 0.3 pound fontina sliced
- 0.5 cup parsley fresh chopped
- 1 tablespoon grainy mustard grated
- 0.5 juice of lemon juiced
- 1.5 pound london broil
- 0.5 cup mayonnaise

- 0.5 cup olive oil plus more for brushing steak
- 4 portobello mushroom caps cut in slices
- 4 servings salt and pepper
- 1 vidalia onion cut in rings

Equipment

- bowl
- frying pan
- oven
- aluminum foil
- broiler
- cutting board
- broiler pan

Directions

- Preheat oven broiler for 5 minutes.
- Brush both sides of London broil with olive oil and season with salt and pepper.
- Place the steak on a broiler pan and broil about 4-inches from the heat source, about 5 minutes per side.
- Lay the portobellos and onions in a single layer on a sheet pan lined with aluminum foil.
- Drizzle with oil and vinegar then put in the oven and roast for 10 minutes.
- Remove the steak to a cutting board.
- Let rest for 5 minutes then slice the steak thinly against the grain.
- In a small bowl, combine mayonnaise, horseradish, parsley, and lemon juice.
- Spread mayonnaise mixture on both sides of the split ciabatta.
- Lay several slices of steak on the bread and mound with a bit of mushrooms and onions. Cover with a couple of slices of cheese.
- Garnish with arugula, and serve.

Nutrition Facts

PROTEIN 31.69% FAT 59.25% CARBS 9.06%

Properties

Glycemic Index:55.75, Glycemic Load:1.65, Inflammation Score:-8, Nutrition Score:35.233913193578%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Myricetin: 2.06mg, Myricetin: 2.06mg, Myricetin: 2.06mg, Myricetin: 2.06mg, Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 635.35kcal (31.77%), Fat: 41.47g (63.79%), Saturated Fat: 11.5g (71.9%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 11.98g (4.36%), Sugar: 9.48g (10.53%), Cholesterol: 148.4mg (49.47%), Sodium: 776.04mg (33.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.91g (99.81%), Vitamin K: 176.79µg (168.37%), Selenium: 76.35µg (109.06%), Vitamin B3: 15.76mg (78.78%), Vitamin B6: 1.42mg (71.25%), Zinc: 9.49mg (63.25%), Phosphorus: 610.64mg (61.06%), Vitamin B12: 2.85µg (47.47%), Potassium: 1137.57mg (32.5%), Vitamin B2: 0.45mg (26.52%), Iron: 4.65mg (25.83%), Copper: 0.5mg (25.06%), Vitamin B5: 2.42mg (24.17%), Calcium: 234.74mg (23.47%), Folate: 83.5µg (20.87%), Vitamin A: 952.1IU (19.04%), Vitamin C: 15.66mg (18.99%), Vitamin B1: 0.27mg (17.93%), Vitamin E: 2.38mg (15.88%), Magnesium: 62.7mg (15.67%), Manganese: 0.21mg (10.27%), Fiber: 2.29g (9.18%), Vitamin D: 0.48µg (3.19%)