



Michael's Grilled Steak Sandwiches

READY IN



80 min.

SERVINGS



4

CALORIES



694 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 baguette sliced
- ☐ 0.3 cup pepper black
- ☐ 2 tablespoons butter softened
- ☐ 1 tablespoon dijon mustard
- ☐ 2 pounds flank steak
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup garlic powder
- ☐ 4 servings horseradish store-bought
- ☐ 1.5 teaspoons oregano dried

- ☐ 1 cup salt
- ☐ 1.5 tablespoons soya sauce
- ☐ 0.8 cup vegetable oil

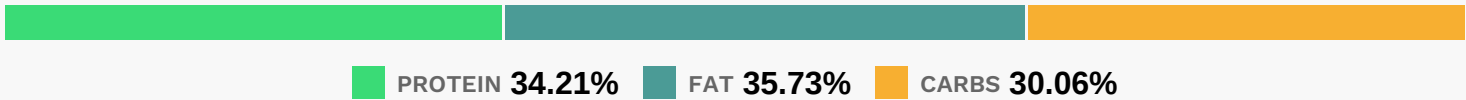
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ In a bowl, whisk together the soy sauce, mustard, garlic, oregano, and House Seasoning. Slowly whisk in the vegetable oil until fully incorporated.
- ☐ Add the steak to the marinade. Cover and let sit for at least 1 hour and as long as overnight, refrigerated.
- ☐ Heat the grill to medium-high. Grill the steak, turning once, for 4 to 5 minutes per side for medium rare.
- ☐ Transfer the steak to a serving platter to rest.
- ☐ Spread the baguette slices with butter, and grill for about 1 to 2 minutes per side. Set aside in a serving bowl.
- ☐ Slice the steak and serve with prepared horseradish sauce and the baguette slices.
- ☐ Mix all the ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:68.94, Glycemic Load:23.28, Inflammation Score:-9, Nutrition Score:40.102608784385%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 694.06kcal (34.7%), Fat: 27.7g (42.61%), Saturated Fat: 10.16g (63.49%), Carbohydrates: 52.43g (17.48%), Net Carbohydrates: 45.32g (16.48%), Sugar: 4g (4.45%), Cholesterol: 151.13mg (50.38%), Sodium: 29296.38mg (1273.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.67g (119.33%), Manganese: 2.54mg (126.83%), Selenium: 83.77µg (119.67%), Vitamin B6: 1.77mg (88.55%), Vitamin B3: 17.6mg (88.01%), Zinc: 10.01mg (66.73%), Phosphorus: 621.54mg (62.15%), Iron: 8.71mg (48.37%), Vitamin K: 49.19µg (46.85%), Vitamin B1: 0.62mg (41.57%), Potassium: 1279.02mg (36.54%), Vitamin B12: 2.08µg (34.6%), Vitamin B2: 0.53mg (31.23%), Fiber: 7.11g (28.46%), Copper: 0.56mg (28.13%), Folate: 112.18µg (28.05%), Magnesium: 111.94mg (27.98%), Calcium: 230.84mg (23.08%), Vitamin B5: 2.05mg (20.47%), Vitamin E: 2.07mg (13.83%), Vitamin A: 271.47IU (5.43%), Vitamin C: 1.92mg (2.33%)