



Mini Open Faced Steak Sandwiches on Garlic Bread with Aged Provolone and Parsley Oil

READY IN



40 min.

SERVINGS



12

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 servings pepper black freshly ground
- 0.5 cup canola oil
- 12 slices bread french
- 0.3 cup flat-leaf parsley fresh finely chopped
- 12 servings olive oil
- 12 servings bell pepper
- 6 slices aged provolone cheese halved lengthwise
- 1 rib-eye boneless

- 6 cloves roasted garlic pureed
- 12 servings salt
- 1.3 sticks butter unsalted

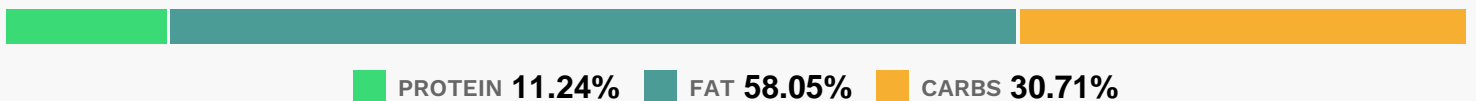
Equipment

- bowl
- grill

Directions

- Watch how to make this recipe.
- Heat the grill.
- Mix together the butter and garlic puree and season with salt and pepper.
- Brush 1 side of the bread with a tablespoon of the butter and place on the grill, butter side down and grill until golden brown; turn over, top with the cheese and grill for 30 seconds longer or until the cheese melts.
- Place the garlic bread on a platter and top the cheese with a few thin slices of the beef and drizzle with the parsley oil.
- Remove the steak from the refrigerator 30 minutes before grilling.
- Heat grill to high.
- Brush steak on both sides with oil and season with salt and pepper.
- Place on the grill and cook until golden brown and slightly charred, 4 to 5 minutes. Turn over and continue grilling to medium-rare doneness.
- Remove from the grill and let rest 5 minutes. Slice into 1/4-inch thick slices.
- Mix together ingredients in a small bowl. Season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:19.46, Glycemic Load:26.76, Inflammation Score:-9, Nutrition Score:22.651739208595%

Flavonoids

Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 493.56kcal (24.68%), Fat: 32.4g (49.84%), Saturated Fat: 11.31g (70.7%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 35.49g (12.9%), Sugar: 6.17g (6.86%), Cholesterol: 43.35mg (14.45%), Sodium: 663.46mg (28.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.11g (28.23%), Vitamin C: 97.49mg (118.17%), Vitamin A: 2819.16IU (56.38%), Selenium: 24.69µg (35.27%), Vitamin B1: 0.52mg (34.52%), Vitamin K: 35.86µg (34.15%), Folate: 116.82µg (29.21%), Vitamin E: 3.96mg (26.4%), Vitamin B2: 0.42mg (24.66%), Vitamin B3: 4.78mg (23.92%), Manganese: 0.46mg (23.03%), Vitamin B6: 0.39mg (19.39%), Iron: 3.39mg (18.84%), Phosphorus: 166.81mg (16.68%), Zinc: 2.17mg (14.45%), Fiber: 3.07g (12.28%), Calcium: 119.6mg (11.96%), Magnesium: 37.45mg (9.36%), Potassium: 312.93mg (8.94%), Vitamin B12: 0.47µg (7.86%), Copper: 0.14mg (6.84%), Vitamin B5: 0.52mg (5.23%), Vitamin D: 0.24µg (1.62%)