



Open Face Ny Strip Philly Cheese Steaks

READY IN



105 min.

SERVINGS



5

CALORIES



807 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 crusty baguette thin
- 0.1 teaspoon ground pepper to taste
- 1 cup cheddar cheese yellow grated
- 1 tablespoon dijon mustard
- 0.3 cup olive oil extra virgin
- 5 servings olive oil extra virgin for drizzling
- 3 tablespoons flour all-purpose
- 5 servings pepper fresh white
- 1 tablespoon horseradish prepared drained

- 1 teaspoon kosher salt
- 1 pinch nutmeg freshly ground
- 1 medium onion diced
- 1 tablespoon parmesan grated
- 1 small bell pepper diced red finely
- 5 servings pepper black freshly ground
- 1 lb new york strip steak
- 0.5 teaspoon paprika sweet
- 3 tablespoons butter unsalted
- 2 cups milk whole

Equipment

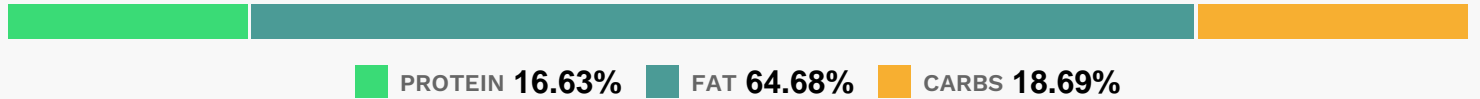
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- wooden spoon

Directions

- Preheat oven to 400 degrees F. Slice the baguette into 1/4-inch thick rounds, drizzle with oil, season with salt and pepper.
- Spread on a baking sheet, and bake until crisp and lightly golden, about 6 minutes.
- Transfer to a rack and cool in a single layer.
- Heat 2 tablespoons oil in a large skillet over medium heat.
- Add onions and peppers and cook, stirring often, until onions are golden brown and peppers are tender. Season steak with salt and pepper. In another large skillet, heat remaining 2 tablespoons oil over medium-high heat.
- Lay a slice of meat on each slice of baguette toast and top with 1 teaspoon of caramelized onions and peppers and a drizzle of the cheese sauce.

- Serve. Enjoy!**Cheese Sauce:**Melt the butter in a medium saucepan over medium heat. Stir in the flour with a wooden spoon and cook stirring constantly in a figure 8, until pale yellow, about 1 minute. Slowly whisk in the milk and bring to a boil.
- Add the mustard, horseradish, salt, paprika, cayenne, white pepper, and nutmeg. Reduce the heat to maintain a simmer and cook, stirring constantly, until thickened, about 6 to 8 minutes.
- Remove from the heat and whisk in the cheeses. Set aside and keep warm.

Nutrition Facts



Properties

Glycemic Index:102.75, Glycemic Load:21.67, Inflammation Score:-8, Nutrition Score:25.547390979269%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 807.1kcal (40.35%), Fat: 58.07g (89.34%), Saturated Fat: 19.94g (124.62%), Carbohydrates: 37.75g (12.58%), Net Carbohydrates: 34.99g (12.72%), Sugar: 9.06g (10.07%), Cholesterol: 125.63mg (41.88%), Sodium: 1071.07mg (46.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.6g (67.2%), Selenium: 41.32µg (59.03%), Phosphorus: 454.13mg (45.41%), Vitamin B3: 7.88mg (39.39%), Calcium: 384.57mg (38.46%), Vitamin B6: 0.73mg (36.42%), Zinc: 4.98mg (33.19%), Vitamin B2: 0.55mg (32.46%), Vitamin B1: 0.48mg (32.1%), Vitamin E: 4.8mg (32.01%), Vitamin B12: 1.68µg (28.03%), Vitamin C: 21.8mg (26.42%), Vitamin A: 1188.37IU (23.77%), Folate: 90.21µg (22.55%), Manganese: 0.45mg (22.44%), Iron: 3.97mg (22.08%), Vitamin K: 20.51µg (19.53%), Potassium: 602.13mg (17.2%), Magnesium: 60.47mg (15.12%), Vitamin B5: 1.3mg (13.01%), Fiber: 2.76g (11.03%), Copper: 0.18mg (9.01%), Vitamin D: 1.34µg (8.93%)