



Open-Faced Beef Sandwiches with Greens and Horseradish Cream

READY IN



45 min.

SERVINGS



4

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula trimmed
- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons crème fraîche
- ☐ 1 pound flank steak trimmed
- ☐ 2.5 tablespoons horseradish prepared drained
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 teaspoons olive oil extra virgin extra-virgin

- ☐ 3.5 cups onion vertically sliced (2 large)
- ☐ 2 tablespoons cream light sour
- ☐ 6 ounce texas toast croutons lightly toasted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ To prepare cream, combine horseradish, sour cream, and crme frache in a small bowl; cover and chill.
- ☐ Preheat broiler.
- ☐ To prepare sandwich, heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add onion and 1/8 teaspoon salt to pan; cover and cook 10 minutes, stirring frequently. Uncover and cook 10 minutes or until onion is golden brown.
- ☐ Sprinkle steak with 1/8 teaspoon salt and pepper.
- ☐ Place steak on a broiler pan coated with cooking spray; broil 5 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut steak diagonally across the grain into thin slices.
- ☐ Combine steak and remaining 1/4 teaspoon salt in a bowl, and toss to coat.
- ☐ Combine arugula, oil, and vinegar in a medium bowl; toss gently.
- ☐ Spread 2 tablespoons horseradish cream over each bread slice; top each with about 1/3 cup onion, 1/2 cup arugula mixture, and 3 ounces of steak.

Nutrition Facts



 PROTEIN **29.17%**  FAT **37.89%**  CARBS **32.94%**

Properties

Glycemic Index:44, Glycemic Load:3.34, Inflammation Score:-7, Nutrition Score:18.300869509578%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 7.44mg, Isorhamnetin: 7.44mg, Isorhamnetin: 7.44mg, Isorhamnetin: 7.44mg Kaempferol: 4.4mg, Kaempferol: 4.4mg, Kaempferol: 4.4mg, Kaempferol: 4.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 29.21mg, Quercetin: 29.21mg, Quercetin: 29.21mg, Quercetin: 29.21mg

Nutrients (% of daily need)

Calories: 406.75kcal (20.34%), Fat: 17.19g (26.44%), Saturated Fat: 5.83g (36.46%), Carbohydrates: 33.61g (11.2%), Net Carbohydrates: 29.67g (10.79%), Sugar: 9.42g (10.47%), Cholesterol: 73.68mg (24.56%), Sodium: 628.48mg (27.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.77g (59.55%), Selenium: 34.86µg (49.8%), Iron: 8.65mg (48.04%), Vitamin B6: 0.87mg (43.61%), Vitamin B3: 7.3mg (36.51%), Zinc: 4.76mg (31.73%), Phosphorus: 287.03mg (28.7%), Potassium: 674.41mg (19.27%), Vitamin B12: 1.07µg (17.83%), Vitamin C: 14.3mg (17.34%), Fiber: 3.94g (15.78%), Folate: 57.43µg (14.36%), Vitamin K: 14.47µg (13.78%), Manganese: 0.26mg (12.8%), Magnesium: 47.75mg (11.94%), Vitamin B2: 0.2mg (11.56%), Vitamin B1: 0.15mg (10.33%), Vitamin B5: 0.96mg (9.61%), Calcium: 92.87mg (9.29%), Copper: 0.15mg (7.73%), Vitamin A: 298.03IU (5.96%), Vitamin E: 0.73mg (4.87%)