



## Open-Faced Steak, Pear, and Gorgonzola Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 small bartlett pears
- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon bottled garlic minced
- 1 pound flank steak trimmed
- 16.8 ounce flat parsley white mediterranean-style (such as Toufayan)
- 1 ounce gorgonzola cheese crumbled
- 3 tablespoons bottled lemon juice divided
- 1 teaspoon olive oil

- 1 cup onion red separated thinly sliced ()
- 6 cups prewashed gourmet salad greens
- 0.5 teaspoon salt
- 1 tablespoon water
- 2 tablespoons citrus champagne vinegar

## Equipment

- bowl
- frying pan
- whisk
- cutting board

## Directions

- Heat a large cast-iron skillet over medium-high heat. Coat pan with cooking spray.
- Sprinkle both sides of steak with salt and pepper.
- Add steak to pan; cook 6 minutes. Turn steak; add onion to pan. Lightly coat onion with cooking spray. Cook steak an additional 6 minutes or until desired degree of doneness, stirring onion frequently.
- Transfer steak to a cutting board. Cook onion for an additional 2 minutes or until tender and lightly browned.
- Remove pan from heat.
- Core pears; cut into thin slices.
- Place pears in a large bowl.
- Drizzle pears with 2 tablespoons lemon juice; toss well to coat.
- Combine remaining 1 tablespoon lemon juice, vinegar, water, olive oil, and garlic in a small bowl; stir well with a whisk.
- Add salad greens and cheese to pear mixture.
- Drizzle with oil mixture; toss to coat.
- Cut steak diagonally into thin slices. Top each flatbread with about 7 slices (about 2 ounces) steak and about 1 1/3 cups salad mixture.

# Nutrition Facts

PROTEIN 26.12% FAT 15.93% CARBS 57.95%

## Properties

Glycemic Index:42.33, Glycemic Load:44.35, Inflammation Score:-6, Nutrition Score:16.023478327886%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

## Nutrients (% of daily need)

Calories: 397.68kcal (19.88%), Fat: 6.92g (10.64%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 56.62g (18.87%), Net Carbohydrates: 52.77g (19.19%), Sugar: 6.26g (6.96%), Cholesterol: 48.9mg (16.3%), Sodium: 726.43mg (31.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.52g (51.05%), Vitamin B3: 6.8mg (34.02%), Selenium: 23.47µg (33.52%), Vitamin B6: 0.58mg (29.18%), Phosphorus: 279.44mg (27.94%), Manganese: 0.54mg (27.07%), Zinc: 3.88mg (25.84%), Vitamin C: 16.67mg (20.21%), Vitamin B1: 0.3mg (20.12%), Potassium: 539.33mg (15.41%), Fiber: 3.85g (15.41%), Iron: 2.76mg (15.33%), Folate: 55.04µg (13.76%), Copper: 0.27mg (13.37%), Vitamin B2: 0.22mg (13.22%), Calcium: 128.18mg (12.82%), Vitamin B12: 0.75µg (12.43%), Magnesium: 49.64mg (12.41%), Vitamin A: 506.61IU (10.13%), Vitamin B5: 0.99mg (9.92%), Vitamin K: 3.74µg (3.56%), Vitamin E: 0.41mg (2.71%)