



Parisian Steak and Cheese Croissant Sandwiches

READY IN



32 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups arugula
- 16 ounce beef fillet steaks
- 6 ounces brie cheese cut into 1/2-inch slices, at room temperature
- 4 croissants
- 4 servings kosher salt and pepper black freshly ground
- 4 ounces roasted bell peppers red jarred thinly sliced
- 2 tablespoons butter unsalted at room temperature

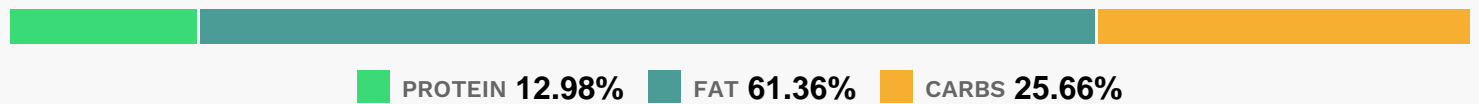
Equipment

- frying pan
- serrated knife

Directions

- Watch how to make this recipe.
- Season the steaks with salt and pepper. In a medium skillet, melt the butter over medium-high heat. Cook the steaks for about 5 minutes each side for medium-rare. Set aside for 5 minutes before slicing. Slice the steak, across the grain, into 1/4 to 1/2-inch thick slices.
- Heat a large nonstick skillet or griddle over medium heat. Using a serrated knife, slice the croissants in half lengthwise. In 2 batches, place the croissant halves, cut side down in the skillet and cook for 30 seconds to 1 minute until lightly toasted.
- Lay the Brie slices over the toasted croissant halves.
- Place about 1/4 cup of the arugula on the bottom halves of the croissants.
- Add the sliced steak. Arrange the red bell pepper on top of the steak. Top with the remaining arugula and add the top of the croissant.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:16.63, Inflammation Score:-7, Nutrition Score:12.226956450421%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 431.49kcal (21.57%), Fat: 29.58g (45.51%), Saturated Fat: 17.69g (110.54%), Carbohydrates: 27.84g (9.28%), Net Carbohydrates: 25.83g (9.39%), Sugar: 6.84g (7.6%), Cholesterol: 95.76mg (31.92%), Sodium: 877.95mg (38.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.07g (28.15%), Selenium: 19.3µg (27.56%), Vitamin A:

1236.02IU (24.72%), Folate: 92.26µg (23.07%), Vitamin B2: 0.38mg (22.24%), Vitamin C: 14.8mg (17.94%), Vitamin B1: 0.26mg (17.52%), Phosphorus: 152.5mg (15.25%), Manganese: 0.29mg (14.65%), Vitamin B12: 0.8µg (13.41%), Calcium: 129.08mg (12.91%), Vitamin K: 13.56µg (12.91%), Zinc: 1.55mg (10.3%), Iron: 1.75mg (9.74%), Vitamin B6: 0.19mg (9.56%), Vitamin B5: 0.85mg (8.48%), Fiber: 2.01g (8.03%), Vitamin B3: 1.6mg (8%), Magnesium: 25.75mg (6.44%), Potassium: 213.2mg (6.09%), Vitamin E: 0.79mg (5.25%), Copper: 0.1mg (5.03%), Vitamin D: 0.32µg (2.12%)