



Pepper-Crusted Beef, Bacon, and Arugula Sandwiches with Spicy Mustard



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



733 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups baby arugula packed ()
- ☐ 1 pound bacon sliced
- ☐ 24 ounce beef tenderloin steaks
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon horseradish white prepared drained
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 6 tablespoons mayonnaise

- ☐ 12 mushrooms thinly sliced
- ☐ 6 servings olive oil
- ☐ 3 tablespoons peppercorns black
- ☐ 18 inch frangelico egg, or country-style toasted cut in half horizontally, if desired
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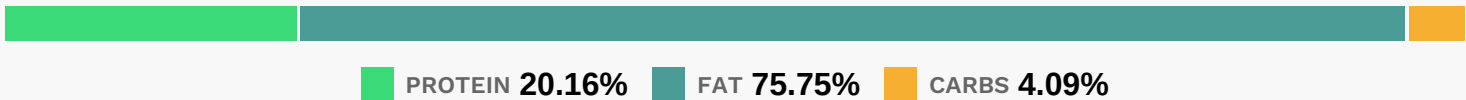
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ tongs

Directions

- ☐ Coat steaks all over with pepper.
- ☐ Mix mayonnaise, mustard, and horseradish in small bowl for dressing. Cover steaks and dressing separately and refrigerate at least 30 minutes and up to 1 day.
- ☐ Toss thinly sliced mushrooms and lemon juice in medium bowl to coat evenly.
- ☐ Sprinkle lightly with salt.
- ☐ Brush heavy large skillet generously with oil and heat over medium-high heat.
- ☐ Add steaks and cook to desired doneness, about 5 minutes per side for medium-rare.
- ☐ Transfer steaks to plate; let stand 15 minutes. Cook bacon in same skillet over medium-high heat until brown and crisp. Using tongs, transfer bacon to paper towels to drain.
- ☐ Place roll bottoms on plates; spread with dressing. Slice steaks thinly and divide among rolls. Top with bacon, mushrooms, and arugula. Cover sandwiches with roll tops and serve.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:1.1, Inflammation Score:-5, Nutrition Score:25.276521921158%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 733.44kcal (36.67%), Fat: 61.79g (95.06%), Saturated Fat: 16.23g (101.41%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 5.33g (1.94%), Sugar: 1.76g (1.95%), Cholesterol: 128.35mg (42.78%), Sodium: 723.36mg (31.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37g (74%), Selenium: 55.88µg (79.83%), Vitamin B3: 11.89mg (59.45%), Vitamin K: 51.8µg (49.33%), Vitamin B6: 0.98mg (49.16%), Phosphorus: 403.68mg (40.37%), Zinc: 5.79mg (38.6%), Manganese: 0.74mg (36.81%), Vitamin B12: 1.47µg (24.42%), Vitamin B1: 0.35mg (23.29%), Potassium: 813.7mg (23.25%), Vitamin B2: 0.38mg (22.49%), Vitamin E: 3.29mg (21.94%), Vitamin B5: 1.93mg (19.28%), Iron: 3.17mg (17.59%), Copper: 0.33mg (16.47%), Magnesium: 56.12mg (14.03%), Vitamin C: 8.79mg (10.65%), Folate: 37.57µg (9.39%), Fiber: 2.17g (8.67%), Calcium: 74.79mg (7.48%), Vitamin A: 306.22IU (6.12%), Vitamin D: 0.41µg (2.74%)