



Rib-Eye and Roasted-Tomato Sandwiches



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



300 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cilantro leaves finely chopped
- ☐ 3 garlic clove smashed
- ☐ 0.5 cup mint leaves finely chopped
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons rice vinegar (not seasoned)
- ☐ 3 shallots thinly sliced into rings
- ☐ 8 slices sourdough bread
- ☐ 2 teaspoons sugar

- ☐ 6 medium tomatoes halved
- ☐ 1 bunch watercress

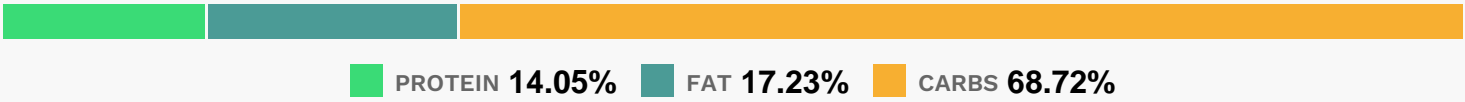
Equipment

- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Preheat oven to 500°F with rack in middle.
- ☐ Toss tomatoes with shallots, garlic, oil, and 1 1/2 teaspoons salt in a shallow 3-quart baking dish, then arrange tomatoes cut sides up. Roast, uncovered, basting once, until tomatoes are tender but still hold their shape and are starting to brown, 35 to 45 minutes. Cool to room temperature.
- ☐ While tomatoes cool, prepare grill for direct-heat cooking over hot charcoal (medium-high heat for gas).
- ☐ Sprinkle each steak all over with 1/4 teaspoon salt and 1/4 teaspoon pepper (total per steak). Oil grill rack, then grill steaks, covered only if using a gas grill, turning over once, 5 to 6 minutes total for medium-rare.
- ☐ Transfer to a cutting board.
- ☐ Lightly brush both sides of bread slices with some of oil from roasted tomatoes and grill, covered only if using a gas grill, turning over once, until lightly toasted and grill marks form, about 1 minute total. Stir together vinegar and sugar until sugar is dissolved, then stir in herbs.
- ☐ Spread one side of each bread slice with some of herb mixture (about a tablespoon per slice). Slice steaks, then make into sandwiches with bread, roasted tomatoes and shallots, and watercress.
- ☐ · Tomatoes can be roasted 1 day ahead, cooled, and chilled, covered. Bring to room temperature before using. · Steaks can be cooked in a hot lightly oiled large (2-burner) ridged grill pan.

Nutrition Facts



Properties

Glycemic Index:90.65, Glycemic Load:55.49, Inflammation Score:-9, Nutrition Score:26.882608579553%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 460.18kcal (23.01%), Fat: 8.97g (13.8%), Saturated Fat: 1.5g (9.34%), Carbohydrates: 80.49g (26.83%), Net Carbohydrates: 74.28g (27.01%), Sugar: 14.29g (15.88%), Cholesterol: 0mg (0%), Sodium: 787.93mg (34.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.91%), Vitamin B1: 1mg (66.96%), Manganese: 1.07mg (53.39%), Selenium: 37.28µg (53.26%), Folate: 199.77µg (49.94%), Vitamin A: 2111.19IU (42.22%), Vitamin C: 32.49mg (39.39%), Vitamin K: 40.74µg (38.8%), Vitamin B3: 7.45mg (37.25%), Vitamin B2: 0.61mg (36.11%), Iron: 6.13mg (34.07%), Fiber: 6.21g (24.86%), Potassium: 721.98mg (20.63%), Phosphorus: 202.51mg (20.25%), Vitamin B6: 0.4mg (19.77%), Magnesium: 72.17mg (18.04%), Copper: 0.36mg (17.75%), Vitamin E: 2.16mg (14.43%), Zinc: 1.83mg (12.18%), Calcium: 119.08mg (11.91%), Vitamin B5: 0.71mg (7.09%)