



Roast Beef with Caramelized Onions on Gorgonzola Toast

♥ Popular

READY IN



60 min.

SERVINGS



4

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 ciabatta buns lightly toasted cut in half and
- ☐ 2 tablespoons flour
- ☐ 2 ounces gorgonzola blue crumbled (or other cheese or gruyere)
- ☐ 1 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 4 cups onion sliced

- ☐ 1 pound pan drippings from roast beef preferably thinly sliced
- ☐ 1 tablespoon sage thinly sliced
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup water

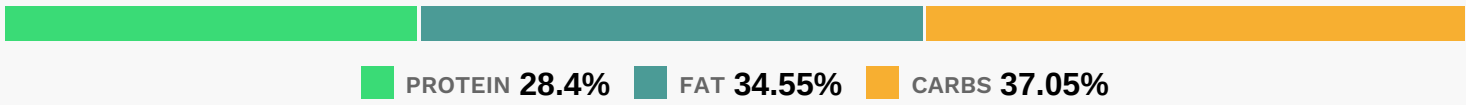
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the onions and water and cook, covered, until completely tender and caramelized and golden, about 40–50 minutes, adding more water as needed.About 30 minutes in, melt the butter in a pan over medium heat and cook until it starts to brown, about 2–3 minutes.
- ☐ Sprinkle in the flour and cook stirring until it starts to brown, about 2–3 minutes.
- ☐ Whisk in the milk and simmer until the sauce thickens, about 3–5 minutes.
- ☐ Mix in the cheese and sage and cook until the cheese has melted and remove from heat, about 2–3 minutes.
- ☐ Spread the sauce over the bottom of the buns and broil until bubbling and golden brown, about 1–2 minutes.Top the cheese buns with the roast beef and caramelized onions.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:6.54, Inflammation Score:-8, Nutrition Score:26.250000010366%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 32.48mg, Quercetin:

32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg

Nutrients (% of daily need)

Calories: 511.92kcal (25.6%), Fat: 19.83g (30.51%), Saturated Fat: 9.57g (59.79%), Carbohydrates: 47.85g (15.95%), Net Carbohydrates: 44.3g (16.11%), Sugar: 9.8g (10.89%), Cholesterol: 97.64mg (32.55%), Sodium: 2414.13mg (104.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.67g (73.34%), Copper: 4.71mg (235.26%), Vitamin C: 62.87mg (76.21%), Calcium: 517.31mg (51.73%), Vitamin B3: 9.04mg (45.22%), Vitamin B12: 2.44µg (40.7%), Phosphorus: 388.01mg (38.8%), Vitamin B6: 0.71mg (35.41%), Zinc: 5.06mg (33.71%), Manganese: 0.41mg (20.35%), Vitamin B2: 0.34mg (20.22%), Potassium: 691.06mg (19.74%), Selenium: 12.95µg (18.51%), Iron: 3.13mg (17.37%), Fiber: 3.54g (14.18%), Magnesium: 54.21mg (13.55%), Folate: 52.89µg (13.22%), Vitamin B1: 0.2mg (13.14%), Vitamin B5: 1.03mg (10.34%), Vitamin A: 385.1IU (7.7%), Vitamin E: 0.77mg (5.11%), Vitamin D: 0.74µg (4.95%), Vitamin K: 3.77µg (3.59%)