



## Sensational Steak Sandwich

READY IN



290 min.

SERVINGS



4

CALORIES



839 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup brown mustard
- 14 ounce beef broth canned
- 1 loaf bread french
- 8 ounces mushrooms fresh sliced
- 0.5 teaspoon garlic powder
- 1 bell pepper green seeded cut into strips
- 0.5 teaspoon ground pepper black
- 0.5 cup horseradish prepared
- 2 tablespoons olive oil

- 1 medium onion sliced
- 0.3 cup pinot noir chocolate brownies dry red
- 10 slices provolone cheese
- 0.1 teaspoon pepper flakes red
- 0.5 teaspoon salt
- 1 pound sirloin steak strips thinly sliced
- 2 tablespoons worcestershire sauce

## Equipment

- frying pan
- oven
- aluminum foil
- slow cooker

## Directions

- Heat the oil in a large skillet over medium heat.
- Add the beef, and cook until browned.
- Add the mushrooms, bell pepper and onion; cook and stir until starting to become tender, about 5 minutes.
- In a slow cooker, combine the beef broth, salt, pepper, Worcestershire sauce, red pepper flakes and red wine.
- Transfer the beef and vegetables to the slow cooker, and stir to blend. Cover, and cook on High for 3 to 4 hours, until beef is extremely tender.
- Preheat the oven to 425 degrees F (220 degrees C).
- Drain the liquid from the slow cooker, and save for dipping. Slice the French bread loaf lengthwise like a submarine sandwich.
- Mix together the horseradish and mustard; spread onto the inside of the loaf.
- Place slices of provolone cheese on both sides of the loaf, then fill with the beef and vegetables. Close the loaf, and wrap the entire sandwich with aluminum foil.

Bake for 10 to 15 minutes in the preheated oven. For crunchier bread, you can bake it without the aluminum foil. Slice into servings, and serve with the juices from the slow cooker for dipping.

## Nutrition Facts

**PROTEIN 24.57%** **FAT 43.96%** **CARBS 31.47%**

### Properties

Glycemic Index:62.13, Glycemic Load:42.23, Inflammation Score:-8, Nutrition Score:38.092173939166%

### Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg

### Nutrients (% of daily need)

Calories: 839.4kcal (41.97%), Fat: 40.66g (62.56%), Saturated Fat: 16.69g (104.32%), Carbohydrates: 65.47g (21.82%), Net Carbohydrates: 60.26g (21.91%), Sugar: 11.35g (12.62%), Cholesterol: 96.28mg (32.09%), Sodium: 1911.51mg (83.11%), Alcohol: 1.58g (100%), Alcohol %: 0.37% (100%), Protein: 51.14g (102.28%), Selenium: 67.54µg (96.49%), Vitamin B12: 3.94µg (65.64%), Phosphorus: 654.87mg (65.49%), Vitamin B2: 1.08mg (63.28%), Vitamin B1: 0.94mg (62.97%), Vitamin B3: 12.34mg (61.68%), Zinc: 7.14mg (47.59%), Calcium: 470.59mg (47.06%), Iron: 8mg (44.43%), Folate: 177.25µg (44.31%), Vitamin C: 35.94mg (43.56%), Manganese: 0.8mg (40.02%), Vitamin B6: 0.78mg (39.16%), Potassium: 1032.13mg (29.49%), Copper: 0.52mg (26.23%), Magnesium: 101.91mg (25.48%), Fiber: 5.22g (20.86%), Vitamin B5: 1.9mg (19.03%), Vitamin A: 556.77IU (11.14%), Vitamin E: 1.64mg (10.93%), Vitamin K: 9.38µg (8.94%), Vitamin D: 0.35µg (2.34%)