



Short Rib Sandwiches

 Vegetarian

READY IN



26 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups firmly arugula packed
- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 ounces cheese blue crumbled
- ☐ 1 large onion red thinly sliced
- ☐ 12 oz sourdough bread loaf french
- ☐ 3 tablespoons dijon mustard stone-ground
- ☐ 0.5 cup gravy from red wine short
- ☐ 3 cups red wine short shredded

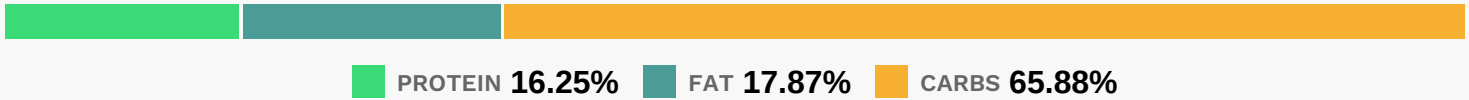
Equipment

- ☐ frying pan
- ☐ wire rack
- ☐ broiler pan

Directions

- ☐ Saut sliced onion in a lightly greased nonstick skillet over medium-high heat 6 minutes or until tender.
- ☐ Remove from heat, and stir in 2 Tbsp. balsamic vinegar.
- ☐ Let mixture stand 5 minutes.
- ☐ Cut bread into 4 pieces.
- ☐ Cut each piece in half lengthwise, cutting to but not through opposite side.
- ☐ Place bread pieces, cut sides up, on a wire rack in a broiler pan.
- ☐ Broil 6 inches from heat 3 to 4 minutes or until lightly toasted.
- ☐ Spread cut sides of bread evenly with mustard. Stir together meat and gravy; spoon evenly onto bread.
- ☐ Sprinkle with cheese.
- ☐ Broil 6 inches from heat 4 to 6 minutes or until cheese is melted. Toss together onion mixture and arugula; top sandwiches with mixture.

Nutrition Facts



Properties

Glycemic Index:69.63, Glycemic Load:36.32, Inflammation Score:-9, Nutrition Score:17.870000008656%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 4.16mg, Petunidin: 4.16mg, Petunidin: 4.16mg, Petunidin: 4.16mg Delphinidin: 4.22mg, Delphinidin: 4.22mg, Delphinidin: 4.22mg, Delphinidin: 4.22mg Malvidin: 29.06mg, Malvidin: 29.06mg, Malvidin: 29.06mg, Malvidin: 29.06mg Peonidin: 2.63mg, Peonidin:

2.63mg, Peonidin: 2.63mg, Peonidin: 2.63mg Catechin: 14.99mg, Catechin: 14.99mg, Catechin: 14.99mg, Catechin: 14.99mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 7.96mg, Epicatechin: 7.96mg, Epicatechin: 7.96mg, Epicatechin: 7.96mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg Naringenin: 3.72mg, Naringenin: 3.72mg, Naringenin: 3.72mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg, Isorhamnetin: 2.06mg Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg

Nutrients (% of daily need)

Calories: 488.52kcal (24.43%), Fat: 6.63g (10.2%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 55.03g (18.34%), Net Carbohydrates: 51.97g (18.9%), Sugar: 8.13g (9.03%), Cholesterol: 10.63mg (3.54%), Sodium: 814.14mg (35.4%), Alcohol: 22.26g (100%), Alcohol %: 7.61% (100%), Protein: 13.57g (27.14%), Selenium: 30.81µg (44.01%), Vitamin B1: 0.66mg (43.93%), Manganese: 0.87mg (43.26%), Folate: 132.38µg (33.09%), Vitamin B2: 0.51mg (30.01%), Iron: 4.85mg (26.94%), Vitamin B3: 4.86mg (24.28%), Phosphorus: 221.9mg (22.19%), Magnesium: 71.84mg (17.96%), Calcium: 175.44mg (17.54%), Vitamin K: 18.4µg (17.53%), Potassium: 523.83mg (14.97%), Vitamin B6: 0.29mg (14.3%), Fiber: 3.06g (12.25%), Zinc: 1.75mg (11.67%), Vitamin A: 476.84IU (9.54%), Copper: 0.19mg (9.53%), Vitamin B5: 0.73mg (7.25%), Vitamin C: 4.33mg (5.25%), Vitamin B12: 0.17µg (2.88%), Vitamin E: 0.32mg (2.16%)