



Steak and Watermelon Radish Sandwiches

READY IN



40 min.

SERVINGS



40

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 40 servings baby arugula leaves
- ☐ 4 ounces butter at room temperature
- ☐ 2 teaspoons chives chopped
- ☐ 1 pound flank steak
- ☐ 1 large garlic clove
- ☐ 2 tablespoons olive oil
- ☐ 8 slices caraway rye bread
- ☐ 2 watermelon radishes peeled thinly sliced

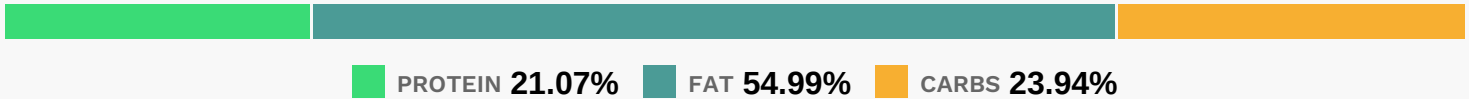
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Put oil, garlic, and steak in a medium bowl and turn to coat.
- ☐ Let marinate 20 minutes at room temperature.
- ☐ Mix together butter and chives; set aside.
- ☐ Prepare grill for high heat (450 to 550). Grill meat, turning once, until grill marks appear and meat is cooked the way you like, 8 minutes for medium rare. Cover with foil and let rest 10 minutes, then slice thinly across the grain.
- ☐ Spread one side of bread slices with butter mixture.
- ☐ Layer 4 slices with arugula, some sliced steak, and slices of radish. Top with remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:6.03, Glycemic Load:1.55, Inflammation Score:-3, Nutrition Score:3.5708695701931%

Flavonoids

Pelargonidin: 5.37mg, Pelargonidin: 5.37mg, Pelargonidin: 5.37mg, Pelargonidin: 5.37mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 62.61kcal (3.13%), Fat: 3.85g (5.93%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.1g (1.13%), Sugar: 0.61g (0.68%), Cholesterol: 12.9mg (4.3%), Sodium: 68.87mg (2.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Vitamin K: 11.95µg (11.38%), Selenium: 5.44µg (7.78%), Vitamin A: 311.37IU (6.23%), Folate: 20.48µg (5.12%), Vitamin B3: 1mg (5.02%), Manganese: 0.09mg (4.67%), Vitamin

B6: 0.09mg (4.39%), Zinc: 0.58mg (3.88%), Phosphorus: 38.63mg (3.86%), Vitamin C: 2.84mg (3.44%), Potassium: 107.13mg (3.06%), Iron: 0.54mg (2.98%), Vitamin B2: 0.05mg (2.79%), Vitamin B1: 0.04mg (2.78%), Fiber: 0.67g (2.68%), Magnesium: 10.7mg (2.68%), Calcium: 26.05mg (2.6%), Vitamin B12: 0.11µg (1.8%), Vitamin E: 0.26mg (1.76%), Copper: 0.03mg (1.62%), Vitamin B5: 0.16mg (1.61%)