



Steak & caramelised onion sandwich

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



2095 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 sirloin steak good thick (Sainsbury's Taste the Difference are)
- ☐ 1 tbsp olive oil for drizzling
- ☐ 1 small ciabatta bread
- ☐ 4 tbsp onion
- ☐ 85 g ginger tea bags

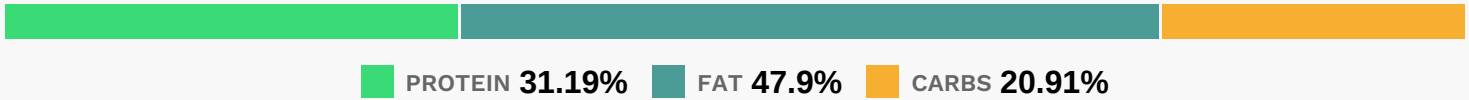
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Put the grill on.
- ☐ Heat a little oil in a frying pan. Season both sides of the steaks with salt, then fry for 1–2 minutes on each side. Meanwhile, slice the ciabatta in half lengthways and grill the cut sides until golden.
- ☐ Drizzle the toasted ciabatta with olive oil, spread the bottom half with the onions and sit the steaks on top. Cover with the watercress and close the sandwich with the other half of the ciabatta.
- ☐ Cut into four sandwiches and serve two per person.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:42.778695511186%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 2094.73kcal (104.74%), Fat: 109.37g (168.26%), Saturated Fat: 42.74g (267.14%), Carbohydrates: 107.39g (35.8%), Net Carbohydrates: 104.58g (38.03%), Sugar: 0.85g (0.94%), Cholesterol: 380.8mg (126.93%), Sodium: 1470.64mg (63.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 160.24g (320.48%), Vitamin B12: 18.9µg (315.07%), Selenium: 112.3µg (160.43%), Zinc: 22.34mg (148.92%), Vitamin B6: 2.61mg (130.4%), Vitamin B3: 24.71mg (123.54%), Phosphorus: 1189mg (118.9%), Iron: 13.75mg (76.38%), Vitamin B2: 1.23mg (72.32%), Potassium: 2130.47mg (60.87%), Vitamin B1: 0.69mg (45.95%), Magnesium: 138mg (34.5%), Copper: 0.55mg (27.25%), Vitamin B5: 2.13mg (21.33%), Fiber: 2.82g (11.26%), Folate: 44.6µg (11.15%), Vitamin E: 1.01mg (6.75%), Manganese: 0.11mg (5.71%), Calcium: 45.47mg (4.55%), Vitamin K: 4.29µg (4.09%), Vitamin C: 1.48mg (1.79%)