



Steak Salad Sandwiches with Capers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 small bunches arugula trimmed
- ☐ 8.5 inch rosemary bread country-style (each 3x5 inches)
- ☐ 2 tablespoons capers drained
- ☐ 1 tablespoon dijon mustard
- ☐ 5 tablespoons mayonnaise
- ☐ 2 tablespoons gherkin pickles chopped
- ☐ 2 tablespoons onion red minced
- ☐ 8 large tomatoes

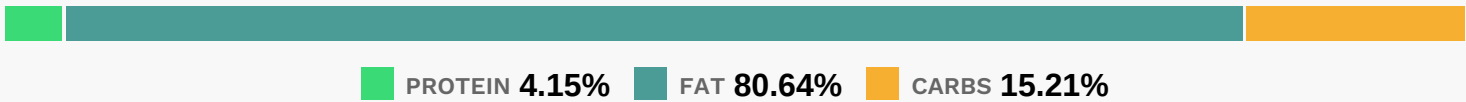
Equipment

☐ bowl

Directions

- ☐ Combine cooked steak, capers, cornichons, red onion, Dijon mustard, and 2 tablespoons mayonnaise in medium bowl; toss to blend. Season salad with salt and pepper. (Can be prepared 6 hours ahead. Cover and refrigerate.)
- ☐ Arrange bread on work surface.
- ☐ Spread slices with remaining 3 tablespoons mayonnaise. Divide steak salad among 4 bread slices. Top salad on each with 2 tomato slices and 1/4 of arugula. Press second bread slice, mayonnaise side down, onto each sandwich.
- ☐ Cut sandwiches diagonally in half and serve.

Nutrition Facts



Properties

Glycemic Index:59.42, Glycemic Load:2.1, Inflammation Score:-5, Nutrition Score:5.1430433969135%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 149.73kcal (7.49%), Fat: 13.64g (20.99%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 4.47g (1.63%), Sugar: 2.22g (2.46%), Cholesterol: 7.35mg (2.45%), Sodium: 351.44mg (15.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Vitamin K: 35.9µg (34.19%), Vitamin C: 8.2mg (9.93%), Vitamin A: 494.98IU (9.9%), Manganese: 0.16mg (7.87%), Vitamin E: 0.94mg (6.24%), Fiber: 1.32g (5.28%), Selenium: 3.31µg (4.72%), Potassium: 163.74mg (4.68%), Folate: 16.77µg (4.19%), Vitamin B1: 0.06mg (3.85%), Vitamin B3: 0.69mg (3.42%), Copper: 0.07mg (3.26%), Magnesium: 12.7mg (3.18%), Vitamin B6: 0.06mg (3.15%), Phosphorus: 30.94mg (3.09%), Iron: 0.54mg (2.99%), Vitamin B2: 0.04mg (2.42%), Calcium: 23.45mg (2.35%), Zinc: 0.23mg (1.53%), Vitamin B5: 0.15mg (1.47%)