



Steak Sandwiches

READY IN



72 min.

SERVINGS



6

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups lightly arugula packed
- ☐ 1 baguette split (2 feet long)
- ☐ 0.3 cup balsamic vinegar
- ☐ 4 ounces gorgonzola crumbled
- ☐ 36 ounce rib-eye steaks
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup worcestershire sauce

☐ 1 tablespoon mustard seeds yellow

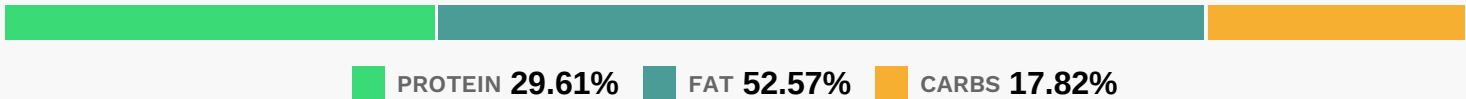
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the vinegar, soy sauce, Worcestershire sauce, and mustard seeds in a large resealable plastic bag.
- ☐ Add the steaks and seal the bag. Refrigerate at least 30 minutes and up to 2 hours, turning the steaks occasionally.
- ☐ Prepare the barbecue for medium-high heat or preheat a grill pan over medium-high heat.
- ☐ Drain the marinade from the steaks. Grill the steaks to desired doneness, about 6 minutes per side for medium-rare.
- ☐ Let the steaks rest for 10 minutes.
- ☐ Cut the steaks crosswise into thin slices.
- ☐ Meanwhile, stir the cheese and sour cream in a small bowl to form a thick spread. Season the cheese mixture, to taste, with salt and pepper.
- ☐ Remove some of the bread from the center of the baguette halves.
- ☐ Spread the cheese mixture over the baguette halves. Arrange the arugula then the warm steak slices over the baguette bottom.
- ☐ Sprinkle the steak slices with salt and pepper. Cover with the baguette top.
- ☐ Cut the sandwich crosswise into 6 equal pieces and serve.

Nutrition Facts



Properties

Glycemic Index:37.96, Glycemic Load:14.9, Inflammation Score:-6, Nutrition Score:25.210000193637%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 601.59kcal (30.08%), Fat: 35.05g (53.93%), Saturated Fat: 16.44g (102.75%), Carbohydrates: 26.74g (8.91%), Net Carbohydrates: 25.43g (9.25%), Sugar: 5.86g (6.51%), Cholesterol: 129.24mg (43.08%), Sodium: 1262.68mg (54.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.42g (88.84%), Selenium: 56.09µg (80.14%), Zinc: 9.84mg (65.58%), Vitamin B3: 11mg (55%), Vitamin B12: 3.09µg (51.57%), Phosphorus: 412.5mg (41.25%), Vitamin B2: 0.69mg (40.29%), Vitamin B6: 0.79mg (39.65%), Iron: 5.62mg (31.25%), Vitamin B1: 0.43mg (28.87%), Potassium: 743.39mg (21.24%), Calcium: 207.85mg (20.79%), Folate: 69.75µg (17.44%), Magnesium: 69.54mg (17.38%), Manganese: 0.34mg (16.92%), Copper: 0.25mg (12.55%), Vitamin K: 12.19µg (11.61%), Vitamin A: 457.49IU (9.15%), Vitamin B5: 0.63mg (6.3%), Fiber: 1.31g (5.23%), Vitamin C: 2.79mg (3.38%), Vitamin E: 0.37mg (2.48%), Vitamin D: 0.26µg (1.76%)