



Steak Sandwiches With Blue Cheese and Peppadew Mayo

READY IN



35 min.

SERVINGS



4

CALORIES



1559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cheese blue crumbled
- 4 ciabatta bread split
- 4 servings kosher salt
- 0.3 cup mayonnaise
- 4 servings pepper freshly ground
- 1 cup peppadew peppers drained
- 1.5 pounds skirt steak cut into 4 pieces
- 2 tablespoons cup heavy whipping cream sour

- 4 servings vegetable oil for brushing

Equipment

- food processor
- bowl
- grill
- kitchen thermometer
- cutting board

Directions

- Put the Peppadew peppers and mayonnaise in a food processor and pulse until roughly chopped.
- Transfer to a bowl; clean out the food processor.
- Add the blue cheese, sour cream and 1/2 teaspoon pepper to the processor and pulse until combined. (The spreads can be made 1 day ahead; cover and refrigerate.)
- Preheat a grill to medium high and brush with vegetable oil.
- Sprinkle the steaks with 1 teaspoon salt and 1/4 teaspoon pepper. Grill until a thermometer inserted into the meat registers 135 degrees F for medium rare, about 4 minutes per side.
- Transfer the steaks to a cutting board and season with salt; let rest 10 minutes. Meanwhile, brush the insides of the rolls with vegetable oil and grill cut-side down until marked, about 1 minute.
- Spread 3 tablespoons of the Peppadew mayonnaise on the bottom half of each roll, then spread 1 tablespoon blue cheese mixture on the top half. Slice the steak against the grain and divide among the rolls.
- Photograph by Kana Okada

Nutrition Facts



PROTEIN 19.88% **FAT 25.34%** **CARBS 54.78%**

Properties

Glycemic Index:29.75, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:25.097826123238%

Flavonoids

Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 1559.07kcal (77.95%), Fat: 43.88g (67.51%), Saturated Fat: 12.48g (78.02%), Carbohydrates: 213.4g (71.13%), Net Carbohydrates: 207.79g (75.56%), Sugar: 1.22g (1.36%), Cholesterol: 122.91mg (40.97%), Sodium: 2699.98mg (117.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.43g (154.85%), Zinc: 11.27mg (75.13%), Vitamin B12: 3.76µg (62.59%), Selenium: 39.19µg (55.99%), Vitamin K: 54.33µg (51.74%), Vitamin B3: 9.92mg (49.62%), Vitamin B6: 0.84mg (42.06%), Vitamin C: 30mg (36.37%), Vitamin B2: 0.6mg (35.29%), Phosphorus: 309.71mg (30.97%), Fiber: 5.61g (22.43%), Iron: 3.19mg (17.75%), Potassium: 595.14mg (17%), Vitamin E: 1.96mg (13.05%), Vitamin B5: 1.22mg (12.15%), Magnesium: 44mg (11%), Manganese: 0.2mg (10.11%), Copper: 0.17mg (8.72%), Vitamin B1: 0.13mg (8.56%), Calcium: 66.22mg (6.62%), Vitamin A: 262.84IU (5.26%), Folate: 12.94µg (3.24%), Vitamin D: 0.24µg (1.6%)