



Steak Sandwiches with Blue Cheese and Roasted Shallots

READY IN



65 min.

SERVINGS



6

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 12 ounces saga cheese blue cut into 12 slices
- ☐ 6 crusty rolls split such as a portuguese,
- ☐ 0.3 cup dijon mustard
- ☐ 1 tablespoon kosher salt for seasoning
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 8 shallots unpeeled

- ☐ 1.5 pounds grilled rare steak thinly sliced
- ☐ 4 cups watercress washed and dried loosely packed

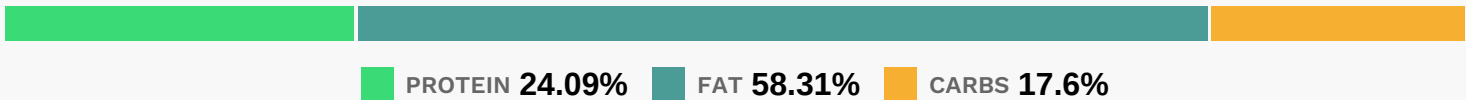
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ Spread the rolls out on a pan and toast on both sides.
- ☐ Slather the bottom 1/2 of each roll with some of the mustard and top with slices of the steak, overlapping the slices slightly. Season, to taste, with salt and pepper. Cover each portion of meat with 2 slices of cheese. Broil until the cheese is lightly browned and melted, about 1 minute.
- ☐ Transfer the open-faced sandwiches to the work surface. Top each sandwich with some of the roasted shallots and watercress. Slather the tops of the rolls with the remaining mustard and cover the sandwiches. Slice in 1/2 and serve.
- ☐ Preheat the oven to 400 degrees F.
- ☐ In a large bowl, toss the shallots with olive oil, 1 tablespoon salt, and pepper, to taste.
- ☐ Spread out on an aluminum foil-lined baking sheet.
- ☐ Bake until the shallots are very tender, about 40 minutes. Set aside to cool.
- ☐ Slice off the tips of the shallots and discard. Gently squeeze the shallots from their skins and season with additional salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:1.84, Inflammation Score:-8, Nutrition Score:28.758695706077%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 5.22mg, Kaempferol: 5.22mg, Kaempferol: 5.22mg, Kaempferol: 5.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 670.12kcal (33.51%), Fat: 43.69g (67.21%), Saturated Fat: 19.44g (121.5%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 26.46g (9.62%), Sugar: 3.28g (3.65%), Cholesterol: 111.7mg (37.23%), Sodium: 2286.25mg (99.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.61g (81.22%), Selenium: 53.21µg (76.01%), Vitamin K: 66.72µg (63.54%), Zinc: 7.96mg (53.1%), Phosphorus: 467.69mg (46.77%), Vitamin B12: 2.57µg (42.9%), Vitamin B3: 8.19mg (40.96%), Calcium: 396.38mg (39.64%), Vitamin B2: 0.66mg (38.82%), Vitamin B6: 0.72mg (35.89%), Vitamin B1: 0.41mg (27.19%), Manganese: 0.48mg (24.22%), Vitamin A: 1185.17IU (23.7%), Iron: 4.04mg (22.43%), Folate: 86.78µg (21.69%), Potassium: 707.95mg (20.23%), Magnesium: 64.23mg (16.06%), Vitamin C: 12.47mg (15.11%), Vitamin B5: 1.39mg (13.86%), Fiber: 3.2g (12.81%), Vitamin E: 1.86mg (12.38%), Copper: 0.23mg (11.49%), Vitamin D: 0.4µg (2.65%)