



Steak Sandwiches with Horseradish Mustard Butter and Watercress

READY IN



25 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 inch baguette
- 3 tablespoons dijon mustard
- 1 pound flank steak ()
- 3 tablespoons bottled horseradish drained
- 1.5 tablespoons shallots minced
- 6 tablespoons butter unsalted softened
- 1 large bunch watercress

Equipment

- bowl
- frying pan
- knife
- broiler
- cutting board
- broiler pan

Directions

- Preheat broiler.
- Blend together butter, horseradish, mustard, shallot, and salt and pepper to taste in a bowl with a fork until combined well.
- Pat steak dry, season both sides well with salt and pepper, and put on rack of a broiler pan.
- Spread top of steak with 1 tablespoon mustard butter, then broil 2 to 3 inches from heat 5 minutes. Turn over and spread other side with 1 tablespoon mustard butter, then broil 4 to 5 minutes more for medium-rare.
- Transfer meat to a cutting board and let stand 5 minutes. (Leave broiler on.)
- Cut baguette crosswise into 4 equal sections, then halve sections horizontally. Broil bread, cut sides up, about 3 inches from heat, rotating pan once, until golden, 30 seconds to 1 minute.
- Holding knife at a 45-degree angle, very thinly slice steak across the grain.
- Spread cut sides of bread with mustard butter and mound steak on half of bread. Top with watercress and remaining bread.

Nutrition Facts



Properties

Glycemic Index:50.19, Glycemic Load:4.71, Inflammation Score:-6, Nutrition Score:15.75086958512%

Flavonoids

Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 354.47kcal (17.72%), Fat: 23.52g (36.18%), Saturated Fat: 13.25g (82.81%), Carbohydrates: 8.7g (2.9%), Net Carbohydrates: 7.43g (2.7%), Sugar: 1.97g (2.19%), Cholesterol: 113.19mg (37.73%), Sodium: 314.91mg (13.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.53g (53.07%), Selenium: 40.09µg (57.27%), Vitamin B3: 7.77mg (38.87%), Vitamin B6: 0.74mg (36.84%), Zinc: 4.65mg (31%), Phosphorus: 267.81mg (26.78%), Vitamin K: 19.18µg (18.27%), Vitamin B12: 1.07µg (17.79%), Vitamin A: 732.59IU (14.65%), Potassium: 485.18mg (13.86%), Iron: 2.47mg (13.74%), Vitamin B1: 0.19mg (12.44%), Vitamin B2: 0.2mg (11.57%), Magnesium: 39.21mg (9.8%), Folate: 38µg (9.5%), Vitamin B5: 0.86mg (8.6%), Manganese: 0.16mg (7.98%), Vitamin C: 5.83mg (7.07%), Calcium: 64.46mg (6.45%), Vitamin E: 0.96mg (6.38%), Copper: 0.12mg (6.22%), Fiber: 1.27g (5.09%), Vitamin D: 0.31µg (2.1%)