



Steak Sandwiches with Pickled Onion and Herb Aioli

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 ounce bread baguette french
- ☐ 0.3 cup cider vinegar
- ☐ 1 pound flank steak trimmed
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped

- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup canola mayonnaise
- ☐ 1.5 teaspoons olive oil
- ☐ 1 cup onion red thinly sliced
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup water

Equipment

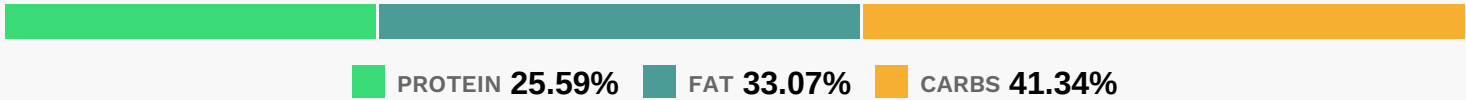
- ☐ bowl
- ☐ grill
- ☐ microwave

Directions

- ☐ Combine first 3 ingredients in a medium microwave-safe bowl; microwave at HIGH 2 minutes or until boiling. Stir in onion.
- ☐ Let stand at room temperature for 30 minutes.
- ☐ Preheat grill to medium-high heat.
- ☐ Combine mayonnaise and next 4 ingredients (through garlic).
- ☐ Rub steak evenly with oil; sprinkle with salt and pepper.
- ☐ Place steak on grill rack; grill 5 minutes on each side or until desired degree of doneness.
- ☐ Remove from grill; let stand 5 minutes.
- ☐ Cut steak across the grain into thin slices.
- ☐ Cut baguette in half lengthwise. Hollow out top and bottom halves of bread, leaving a 1/2-inch-thick shell; reserve torn bread for another use.
- ☐ Place bread, cut sides down, on grill rack; grill 1 minute or until toasted.
- ☐ Drain onion mixture; discard liquid. Arrange steak evenly over bottom half of baguette; top evenly with onion and arugula.

- ☐
- Spread mayonnaise mixture over cut side of top baguette half; place on sandwich.
- ☐
- Cut into 4 pieces.

Nutrition Facts



Properties

Glycemic Index:119.15, Glycemic Load:39.86, Inflammation Score:-9, Nutrition Score:26.083478427452%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg

Nutrients (% of daily need)

Calories: 547.82kcal (27.39%), Fat: 19.97g (30.72%), Saturated Fat: 4.71g (29.46%), Carbohydrates: 56.15g (18.72%), Net Carbohydrates: 53.08g (19.3%), Sugar: 11.96g (13.29%), Cholesterol: 73.92mg (24.64%), Sodium: 812.29mg (35.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.76g (69.52%), Selenium: 58.56µg (83.65%), Vitamin B3: 11.42mg (57.1%), Vitamin B1: 0.72mg (47.68%), Vitamin B6: 0.89mg (44.47%), Manganese: 0.76mg (38.15%), Zinc: 5.46mg (36.4%), Folate: 138.88µg (34.72%), Phosphorus: 345.68mg (34.57%), Iron: 6.2mg (34.44%), Vitamin B2: 0.55mg (32.1%), Vitamin K: 31.51µg (30.01%), Potassium: 648.95mg (18.54%), Vitamin B12: 1.05µg (17.48%), Magnesium: 69.05mg (17.26%), Copper: 0.26mg (13.21%), Fiber: 3.06g (12.26%), Calcium: 117.17mg (11.72%), Vitamin B5: 1.11mg (11.12%), Vitamin C: 9.07mg (11%), Vitamin E: 1.22mg (8.13%), Vitamin A: 286.17IU (5.72%)