



Steak Sandwiches with Tarragon Mayonnaise

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small head boston lettuce washed and dried
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise
- ☐ 1 pound rump steak cooked thinly sliced
- ☐ 4 servings sugared tomato salad
- ☐ 4 slices bread white 1-inch-thick toasted

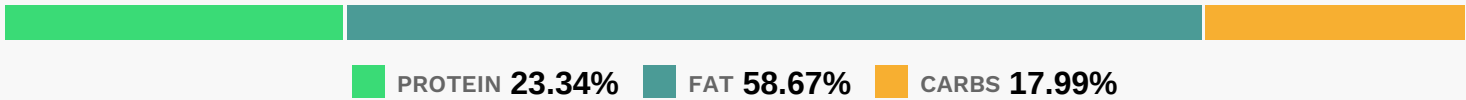
Equipment

☐ bowl

Directions

- ☐ In a small bowl, combine the mayonnaise, tarragon, lemon juice, and salt and mix well.
- ☐ Layer the bread with lettuce and steak and drizzle with the Tarragon Mayonnaise.
- ☐ Serve the open-faced sandwiches with Sugared Tomato Salad on the side.

Nutrition Facts



Properties

Glycemic Index:58.19, Glycemic Load:11.71, Inflammation Score:-9, Nutrition Score:27.740869294042%

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: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 495.02kcal (24.75%), Fat: 32.38g (49.81%), Saturated Fat: 9.33g (58.34%), Carbohydrates: 22.33g (7.44%), Net Carbohydrates: 18.88g (6.87%), Sugar: 6.65g (7.39%), Cholesterol: 71.34mg (23.78%), Sodium: 457.61mg (19.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.98g (57.95%), Vitamin K: 86.38µg (82.27%), Vitamin A: 3008.65IU (60.17%), Vitamin B12: 3.17µg (52.91%), Selenium: 25.34µg (36.2%), Manganese: 0.72mg (36.09%), Vitamin B6: 0.72mg (35.94%), Vitamin C: 29.37mg (35.6%), Vitamin B3: 6.84mg (34.19%), Zinc: 4.49mg (29.96%), Phosphorus: 297.39mg (29.74%), Iron: 5.28mg (29.36%), Potassium: 1016.56mg (29.04%), Folate: 102.57µg (25.64%), Vitamin B1: 0.34mg (22.77%), Vitamin B2: 0.37mg (22.03%), Magnesium: 67.09mg (16.77%), Fiber: 3.45g (13.81%), Calcium: 133.49mg (13.35%), Copper: 0.26mg (13.06%), Vitamin E: 1.72mg (11.45%), Vitamin B5: 0.74mg (7.44%)