



Steak & stilton bruschetta

READY IN



15 min.

SERVINGS



2

CALORIES



867 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large fat-trimmed beef flank steak such as sirloin, rib-eye or rump
- ☐ 1 tsp olive oil
- ☐ 1 ciabatta bread roll halved
- ☐ 1 tsp dijon mustard
- ☐ 1 handful watercress
- ☐ 50 g coarsely stilton cheese
- ☐ 1 tablespoon balsamic vinegar

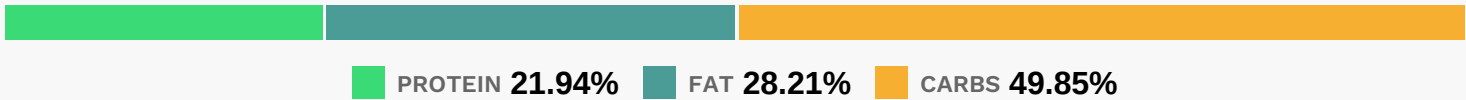
Equipment

☐ frying pan

Directions

- ☐ Heat a griddle pan. Rub the steak with the olive oil, season, then cook for 2–4 mins on each side or until done to your liking.
- ☐ Put the steak on a plate to rest.
- ☐ Put the roll halves cut-side down in the pan for 2 mins to soak up the meat juices and toast until golden brown.
- ☐ Spread the toasted side with the mustard and pile the watercress on top.
- ☐ Cut the steak in half, sit on top of the watercress, then crumble over the stilton.
- ☐ Drizzle with a splash of balsamic vinegar, tip over any steak resting juices and serve.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:0.85, Inflammation Score:-2, Nutrition Score:13.813043434983%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 867.05kcal (43.35%), Fat: 27.06g (41.64%), Saturated Fat: 13g (81.25%), Carbohydrates: 107.61g (35.87%), Net Carbohydrates: 105.03g (38.19%), Sugar: 1.36g (1.51%), Cholesterol: 87.68mg (29.23%), Sodium: 1478.35mg (64.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.37g (94.74%), Selenium: 32.05µg (45.79%), Zinc: 6.48mg (43.23%), Vitamin B12: 2.18µg (36.35%), Vitamin B3: 5.8mg (29.01%), Phosphorus: 263.99mg (26.4%), Vitamin B6: 0.49mg (24.74%), Vitamin B2: 0.37mg (21.64%), Calcium: 144.27mg (14.43%), Iron: 2.13mg (11.84%), Potassium: 381.22mg (10.89%), Fiber: 2.59g (10.34%), Magnesium: 31.75mg (7.94%), Vitamin B1: 0.11mg (7.46%), Copper: 0.1mg (5.12%), Vitamin K: 4.94µg (4.7%), Vitamin A: 225.43IU (4.51%), Vitamin B5: 0.44mg (4.41%), Folate: 12.61µg (3.15%), Vitamin E: 0.4mg (2.67%), Vitamin D: 0.24µg (1.59%), Manganese: 0.02mg (1.22%)