



## Truffled Fillet of Beef Sandwiches

READY IN



50 min.

SERVINGS



6

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 servings baby arugula fresh
- 2 baguettes french
- 3 ounces truffle butter black at room temperature
- 6 servings kosher salt and coarsely ground pepper black
- 1.5 pounds beef trimmed
- 2 ounce parmesan cheese good chunk
- 1 tablespoon butter unsalted at room temperature

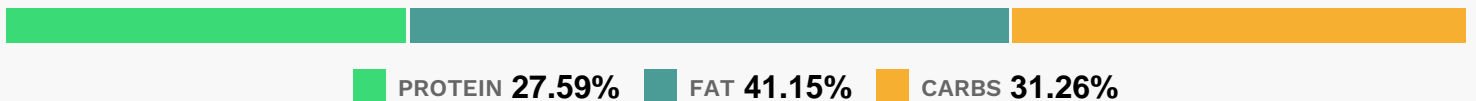
### Equipment

- frying pan
- paper towels
- oven
- aluminum foil
- peeler
- chopsticks

## Directions

- Preheat the oven to 500 degrees F. (Be sure your oven is very clean!)
- Place the beef on a sheet pan and pat the outside dry with a paper towel.
- Spread the butter all over the beef with your hands.
- Sprinkle the beef evenly with 1 1/2 teaspoons salt and 1 1/2 teaspoons pepper. Roast for exactly 22 minutes for rare and 25 minutes for medium-rare.
- Remove the beef from the oven, cover it tightly with aluminum foil, and allow it to rest at room temperature for 15 minutes.
- Remove the strings and slice the fillet about 1/4-inch thick.
- Open the baguettes lengthwise but not all the way through.
- Spread the bottom halves generously with the truffle butter. Top with a layer of sliced beef and sprinkle it with salt and pepper.
- Using a vegetable peeler, shave the Parmesan into thin shards and scatter the shards over the sliced beef on each sandwich. Finish with a sprinkling of arugula leaves. Fold the tops of the sandwiches over, cut each baguette diagonally in 3 or 4 sandwiches, and serve right away.

## Nutrition Facts



## Properties

Glycemic Index:30.13, Glycemic Load:27.66, Inflammation Score:-7, Nutrition Score:22.738695543745%

## Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## **Nutrients (% of daily need)**

Calories: 529.1kcal (26.45%), Fat: 23.84g (36.68%), Saturated Fat: 13.05g (81.55%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 38.85g (14.13%), Sugar: 4.2g (4.67%), Cholesterol: 112.23mg (37.41%), Sodium: 1029.12mg (44.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.96g (71.93%), Selenium: 36.39µg (51.98%), Vitamin B3: 10.08mg (50.38%), Zinc: 6.75mg (45.02%), Vitamin B12: 2.68µg (44.69%), Phosphorus: 378.44mg (37.84%), Vitamin B1: 0.54mg (36.03%), Iron: 5.8mg (32.24%), Vitamin B2: 0.5mg (29.16%), Vitamin B6: 0.55mg (27.38%), Folate: 105.69µg (26.42%), Calcium: 229.67mg (22.97%), Manganese: 0.43mg (21.63%), Potassium: 545.29mg (15.58%), Vitamin A: 723.64IU (14.47%), Vitamin K: 15.06µg (14.34%), Magnesium: 55.81mg (13.95%), Vitamin B5: 1.15mg (11.48%), Copper: 0.2mg (9.96%), Fiber: 1.91g (7.64%), Vitamin E: 1.01mg (6.71%), Vitamin C: 1.5mg (1.82%), Vitamin D: 0.2µg (1.3%)