



West 52nd Street Steak Sandwich

READY IN



15 min.

SERVINGS



6

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 0.8 pound saga cheese blue
- 6 crusty rolls split such as portuguese or country sourdough, in half lengthwise
- 0.3 cup dijon mustard
- 1 tablespoon kosher salt plus more to taste
- 6 servings kosher salt and pepper black freshly ground to taste
- 0.3 cup olive oil extra-virgin
- 1.8 pounds shallots unpeeled
- 1.5 pounds grilled medium-rare steak

- 4.5 cups watercress washed and dried loosely packed

Equipment

- bowl
- baking sheet
- oven
- knife
- aluminum foil
- broiler

Directions

- Preheat a broiler. Slice the steak into 1/4-inch thick slices. Slice the cheese into 12 pieces. Set the rolls, cut side-up on a baking sheet and toast under the broiler. Set the tops of the rolls aside.
- Slather the bottom halves of the rolls with half the mustard and top with the slices of steak, overlapping them slightly. Season with salt and pepper. Cover with 2 slices of cheese. Broil the open-faced sandwiches until the cheese is lightly browned and melted, about 1 minute.
- Transfer the sandwiches to the work surface. Top each sandwich with an equal portion of the roasted shallots and about 3/4 cup of the watercress. Slather the tops of the rolls with the remaining mustard and cover the sandwiches. Slice the sandwiches in half crosswise.
- Serve immediately.
- Preheat the oven to 400 degrees F. In a large bowl, toss the shallots with the oil and salt, and season generously with pepper.
- Transfer to an aluminum foil-lined baking sheet and spread out in a single layer.
- Bake until the shallots' skins are somewhat charred and crispy and the flesh is very tender, about 40 minutes.
- Remove from the oven and allow to cool slightly.
- Using a knife, slice off the tips of the shallots (the end opposite the root end) and discard. Gently squeeze the shallots from their skins and season with salt and pepper to taste.
- Serve with roasted beef, chicken, or on steak sandwiches.

Nutrition Facts

PROTEIN 22.95% FAT 52.41% CARBS 24.64%

Properties

Glycemic Index:30.83, Glycemic Load:5.89, Inflammation Score:-9, Nutrition Score:34.161738913992%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 5.87mg, Kaempferol: 5.87mg, Kaempferol: 5.87mg, Kaempferol: 5.87mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 741.69kcal (37.08%), Fat: 43.79g (67.37%), Saturated Fat: 19.46g (121.61%), Carbohydrates: 46.33g (15.44%), Net Carbohydrates: 39.95g (14.53%), Sugar: 11.08g (12.31%), Cholesterol: 111.7mg (37.23%), Sodium: 2299.28mg (99.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.15g (86.3%), Selenium: 54.42µg (77.74%), Vitamin K: 74.6µg (71.04%), Zinc: 8.36mg (55.76%), Vitamin B6: 1.06mg (53.14%), Phosphorus: 528.77mg (52.88%), Calcium: 436.4mg (43.64%), Vitamin B12: 2.57µg (42.9%), Vitamin B3: 8.4mg (41.98%), Vitamin B2: 0.68mg (40.19%), Manganese: 0.78mg (39.01%), Vitamin B1: 0.47mg (31.32%), Folate: 120.68µg (30.17%), Potassium: 1047.84mg (29.94%), Iron: 5.23mg (29.05%), Vitamin C: 21.6mg (26.19%), Vitamin A: 1279.54IU (25.59%), Fiber: 6.38g (25.53%), Magnesium: 85.6mg (21.4%), Vitamin B5: 1.68mg (16.82%), Copper: 0.32mg (15.95%), Vitamin E: 1.93mg (12.83%), Vitamin D: 0.4µg (2.65%)