



Banh Mi–Style Roast Beef Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby carrots
- ☐ 7.5 ounce crusty baguette gluten-free toasted halved lengthwise
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon fish sauce (such as Thai Kitchen)
- ☐ 0.8 pound flank steak trimmed
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 1 jalapeno thinly sliced
- ☐ 0.1 teaspoon kosher salt

- ☐ 1 tablespoon soy sauce
- ☐ 0.5 cup radishes thinly sliced
- ☐ 2 tablespoons rice vinegar
- ☐ 1.5 teaspoons sugar

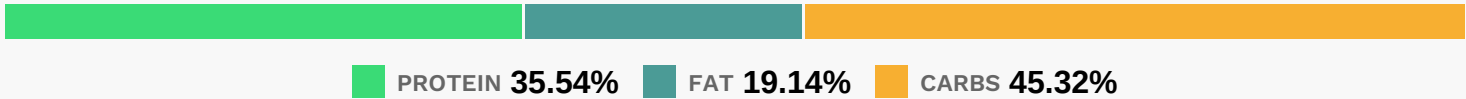
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large cast-iron skillet over medium-high heat.
- ☐ Sprinkle salt and pepper evenly over steak.
- ☐ Add steak to pan; cook 5 minutes on each side or until desired degree of doneness.
- ☐ Remove steak from pan; let stand 5 minutes.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ While steak cooks, combine vinegar and next 4 ingredients in a medium bowl.
- ☐ Combine carrots and radishes in a medium bowl; add 1 tablespoon vinegar mixture, tossing to coat.
- ☐ Let vegetable mixture stand 5 minutes.
- ☐ Add steak to remaining 5 tablespoons vinegar mixture; toss well to coat.
- ☐ Arrange steak on bottom half of bread; top with vegetable mixture and cilantro. Top with top half of bread; cut into 4 equal pieces.

Nutrition Facts



Properties

Glycemic Index:79.96, Glycemic Load:18.73, Inflammation Score:-10, Nutrition Score:20.520869597145%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 280.41kcal (14.02%), Fat: 5.8g (8.93%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 28.45g (10.35%), Sugar: 6.13g (6.81%), Cholesterol: 51.03mg (17.01%), Sodium: 975.32mg (42.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.24g (48.49%), Vitamin A: 4587.39IU (91.75%), Selenium: 35.12µg (50.17%), Vitamin B3: 8.14mg (40.71%), Vitamin B6: 0.66mg (32.79%), Vitamin B1: 0.39mg (25.79%), Zinc: 3.83mg (25.53%), Phosphorus: 243.4mg (24.34%), Folate: 86.45µg (21.61%), Iron: 3.62mg (20.12%), Manganese: 0.37mg (18.31%), Vitamin B2: 0.3mg (17.87%), Potassium: 512.73mg (14.65%), Vitamin B12: 0.8µg (13.26%), Magnesium: 49.05mg (12.26%), Vitamin K: 12.76µg (12.15%), Fiber: 2.47g (9.9%), Calcium: 93.25mg (9.33%), Vitamin C: 7.69mg (9.32%), Vitamin B5: 0.93mg (9.3%), Copper: 0.18mg (8.87%), Vitamin E: 0.59mg (3.95%)