



Banh Mi-Style Roast Beef Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby carrots
- 8 ounce crusty baguette toasted halved lengthwise
- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon fish sauce
- 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

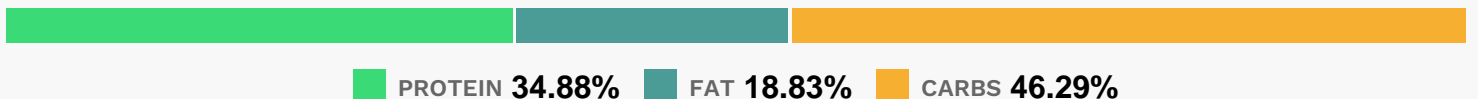
Equipment

- 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 (through jalapeo pepper) 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 carrot mixture and cilantro. Top with top half of bread; cut into 4 equal pieces.

Nutrition Facts



Properties

Glycemic Index:79.96, Glycemic Load:19.9, Inflammation Score:-10, Nutrition Score:20.8873913184446%

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: 289.59kcal (14.48%), Fat: 5.9g (9.08%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 32.63g (10.88%), Net Carbohydrates: 30.08g (10.94%), Sugar: 6.3g (7%), Cholesterol: 51.03mg (17.01%), Sodium: 997.22mg (43.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.58g (49.16%), Vitamin A: 4587.39IU (91.75%), Selenium: 35.73µg (51.04%), Vitamin B3: 8.3mg (41.51%), Vitamin B6: 0.66mg (32.97%), Vitamin B1: 0.41mg (27.17%), Zinc: 3.86mg (25.72%), Phosphorus: 246.77mg (24.68%), Folate: 90.24µg (22.56%), Iron: 3.74mg (20.79%), Manganese: 0.38mg (19.14%), Vitamin B2: 0.32mg (18.54%), Potassium: 517.12mg (14.77%), Vitamin B12: 0.8µg (13.26%), Magnesium: 49.97mg (12.49%), Vitamin K: 12.87µg (12.26%), Fiber: 2.55g (10.19%), Calcium: 96.97mg (9.7%), Vitamin B5: 0.94mg (9.44%), Vitamin C: 7.69mg (9.32%), Copper: 0.18mg (9.09%), Vitamin E: 0.6mg (4.02%)