



BBQ Steak & Peppers Sandwich

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 baguettes split toasted (6 inch)
- 0.5 cup original barbecue sauce kraft
- 1 lb beef flank steak
- 4 lettuce leaves
- 0.3 cup real mayo mayonnaise kraft
- 1 bell pepper red quartered

Equipment

- grill

Directions

- Heat greased grill to medium-high heat.
- Grill steak 8 to 10 min. on each side or until medium doneness (160F) and grill peppers 2 to 3 min. on each side or until crisp-tender, brushing both with barbecue sauce for the last few minutes. Thinly slice steak and peppers.
- Spread baguettes with mayo. Fill with lettuce, steak and peppers.

Nutrition Facts



Properties

Glycemic Index:7.69, Glycemic Load:16.59, Inflammation Score:-6, Nutrition Score:9.0530434292944%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 194.18kcal (9.71%), Fat: 4.66g (7.16%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 26.2g (9.53%), Sugar: 5.03g (5.59%), Cholesterol: 14.78mg (4.93%), Sodium: 414.03mg (18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.6%), Selenium: 15.48µg (22.12%), Vitamin B1: 0.32mg (21.15%), Vitamin B3: 3.8mg (19.01%), Folate: 61.29µg (15.32%), Manganese: 0.26mg (13.24%), Iron: 2.19mg (12.19%), Vitamin B2: 0.2mg (11.82%), Vitamin A: 559.52IU (11.19%), Vitamin B6: 0.22mg (10.85%), Vitamin C: 8.52mg (10.33%), Phosphorus: 98.27mg (9.83%), Zinc: 1.3mg (8.7%), Vitamin K: 6.76µg (6.43%), Calcium: 61.99mg (6.2%), Fiber: 1.29g (5.15%), Potassium: 178.35mg (5.1%), Magnesium: 20.28mg (5.07%), Copper: 0.08mg (4.19%), Vitamin B5: 0.37mg (3.67%), Vitamin B12: 0.21µg (3.5%), Vitamin E: 0.47mg (3.12%)