

health-score 56%

HEALTH SCORE

Carne Asada Sandwich

READY IN

ready

360 min.

SERVINGS

servings

4

CALORIES

calories

1566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 anaheim chile peppers diced
- ☐ 0.5 pound asiago cheese divided sliced
- ☐ 1 avocado divided sliced
- ☐ 1 tablespoon garlic basil spread for recipe link see footnote
- ☐ 1 cup cherry tomatoes divided halved
- ☐ 0.5 cup cilantro leaves fresh divided chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 bell pepper diced green
- ☐ 0.3 cup green onions diced

- ☐ 1 teaspoon ground chipotle chile powder
- ☐ 1 teaspoon ground cumin
- ☐ 2 jalapeño peppers sliced
- ☐ 1 juice of lime juiced
- ☐ 1 tablespoon juice of lime
- ☐ 1.5 cups mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced
- ☐ 1 teaspoon mexican oregano
- ☐ 1 bell pepper diced red
- ☐ 1 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 teaspoon paprika smoked
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 4 hoagie buns split italian-style
- ☐ 2 pounds beef tri-tip steak thinly sliced

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ dutch oven

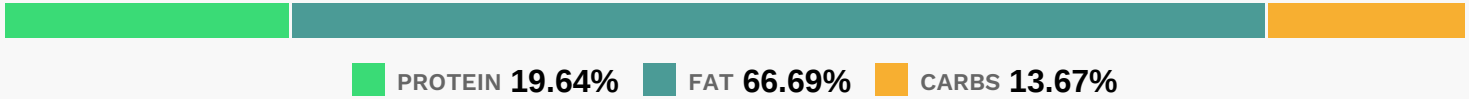
Directions

- ☐ Combine mayonnaise, sour cream, 1/2 cup cilantro, green onions, 1 1/2 tablespoon ground chipotle peppers, 1 tablespoon lime juice, garlic basil spread, 1 teaspoon cumin, salt, and black pepper in a bowl. Stir until combined. Cover and refrigerate chipotle mayonnaise for at least 1 hour.
- ☐ Combine beef tri-tip, Anaheim chile peppers, onion, red bell pepper, green bell pepper, juice of 1 lime, olive oil, garlic, red pepper flakes, 1 teaspoon cumin, 1 teaspoon ground chipotle

pepper, smoked paprika, and Mexican oregano in a large bowl; season with salt and black pepper and toss to combine. Cover and refrigerate beef mixture for at least 4 hours.

- ☐ Preheat oven to 500 degrees F (260 degrees C).
- ☐ Heat a large pot or Dutch oven over medium-high heat.
- ☐ Add beef mixture and cook, stirring constantly, until onions soften and become golden and beef browns, 15 to 20 minutes. Stir in 1 cup chopped cilantro and jalapeno peppers.
- ☐ Spread each hoagie bun with 2 tablespoons chipotle mayonnaise. Spoon beef mixture into buns and top each sandwich with 2 ounces Asiago cheese.
- ☐ Place sandwiches on a baking sheet and bake in the preheated oven until cheese is melted and bread is toasted and warm, about 5 minutes. Divide fresh avocado, cherry tomatoes, and 1/2 cup cilantro over the 4 sandwiches.

Nutrition Facts



Properties

Glycemic Index:128, Glycemic Load:25.5, Inflammation Score:-10, Nutrition Score:53.269130447636%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

Nutrients (% of daily need)

Calories: 1566.21kcal (78.31%), Fat: 116.15g (178.7%), Saturated Fat: 30.83g (192.67%), Carbohydrates: 53.55g (17.85%), Net Carbohydrates: 45.01g (16.37%), Sugar: 12.38g (13.76%), Cholesterol: 240.48mg (80.16%), Sodium: 1985.63mg (86.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.96g (153.91%), Vitamin K: 186.1µg (177.24%), Vitamin C: 95.34mg (115.56%), Selenium: 69.37µg (99.1%), Phosphorus: 937.82mg (93.78%), Iron: 16.54mg (91.87%), Vitamin B6: 1.8mg (89.85%), Calcium: 822mg (82.2%), Vitamin B3: 15.92mg (79.58%), Zinc:

10.62mg (70.78%), Vitamin A: 2837.23IU (56.74%), Vitamin B12: 3.25µg (54.09%), Vitamin E: 7.05mg (47.03%), Potassium: 1418.94mg (40.54%), Vitamin B2: 0.63mg (37.13%), Fiber: 8.54g (34.15%), Magnesium: 113.78mg (28.45%), Vitamin B5: 2.84mg (28.41%), Folate: 112.7µg (28.18%), Manganese: 0.41mg (20.34%), Copper: 0.4mg (20.16%), Vitamin B1: 0.3mg (19.8%), Vitamin D: 0.45µg (3.01%)