



Cooking From the Glossies: Grilled Skirt Steak and Pepper Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 inch crusty baguette halved
- ☐ 1 ears corn husked
- ☐ 0.5 tablespoon basil fresh chopped
- ☐ 0.5 garlic clove pressed
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 tablespoon oregano fresh chopped
- ☐ 1 small bell pepper red quartered

- ☐ 0.5 large onion red cut into 1/2-inch rounds
- ☐ 0.8 tablespoon red wine vinegar
- ☐ 0.8 pound skirt steak

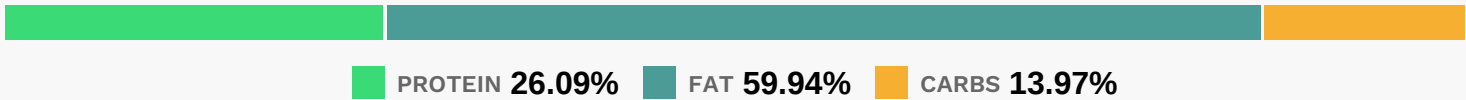
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare barbecue or heat up cast iron pan over high heat.
- ☐ Whisk first 5 ingredients in small bowl. Set aside.
- ☐ Pull out some of inside of bread, forming thick shells.
- ☐ Brush corn, peppers, onion, cut sides of bread, and steaks with olive oil.
- ☐ Sprinkle with salt and pepper. Grill vegetables until charred and just tender and steaks until charred and cooked to medium-rare, about 15 minutes for corn, 8 to 10 minutes for peppers, and 5 to 8 minutes for onion, turning occasionally, and 3 minutes per side for steaks.
- ☐ Let steaks rest 5 minutes. Grill bread, cut side down, until charred, about 2 to 3 minutes.
- ☐ Cut corn from cobs; add to bowl with mayonnaise mixture and stir to coat. Season to taste with salt and pepper.
- ☐ Cut steaks against the grain into 1/2-to 1/2-inch-thick strips. Arrange steak slices, peppers, and onion over bottom halves of bread. Spoon corn mayonnaise over. Top with bread, pressing slightly to compact. (If using ciabatta, cut into 6 sandwiches.)

Nutrition Facts



Properties

Glycemic Index:95.25, Glycemic Load:4.17, Inflammation Score:-9, Nutrition Score:21.076521868291%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 412.35kcal (20.62%), Fat: 27.83g (42.82%), Saturated Fat: 6.24g (38.97%), Carbohydrates: 14.6g (4.87%), Net Carbohydrates: 12.58g (4.58%), Sugar: 4.35g (4.83%), Cholesterol: 81.89mg (27.3%), Sodium: 302.5mg (13.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.25g (54.51%), Zinc: 7.68mg (51.22%), Vitamin K: 50.52µg (48.11%), Vitamin C: 35.22mg (42.7%), Vitamin B12: 2.45µg (40.75%), Selenium: 27.67µg (39.53%), Vitamin B3: 7.74mg (38.68%), Vitamin B6: 0.64mg (32.15%), Vitamin B2: 0.45mg (26.34%), Phosphorus: 230.43mg (23.04%), Vitamin A: 885.83IU (17.72%), Iron: 3.04mg (16.9%), Potassium: 523.46mg (14.96%), Manganese: 0.3mg (14.93%), Vitamin B1: 0.2mg (13.37%), Magnesium: 46.47mg (11.62%), Folate: 45.16µg (11.29%), Vitamin B5: 1.07mg (10.66%), Vitamin E: 1.53mg (10.19%), Fiber: 2.01g (8.05%), Copper: 0.15mg (7.36%), Calcium: 41.03mg (4.1%), Vitamin D: 0.16µg (1.09%)