



 **21%**  
HEALTH SCORE

## Dinner Tonight: Steak Sandwich with Corn, Tomato, and Avocado

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



752 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 large avocado pitted sliced
- 1 crusty baguette split cut into 6-inch segments
- 2 tablespoons basil thinly sliced
- 2 tablespoons basil thinly sliced
- 1 pound beef paper thin sliced
- 1 cup cherry tomatoes
- 1.5 cups ears corn fresh

- 1 clove garlic minced
- 4 servings pepper black to taste
- 2 tablespoons juice of lime
- 3 tablespoons mayonnaise
- 3 tablespoon olive oil

## Equipment

- frying pan
- mixing bowl
- grill
- tongs
- grill pan

## Directions

- In a mixing bowl, combine the tomato, corn, garlic, lime juice, and 1 tablespoon of olive oil. Season to taste with salt and pepper, stir in the basil, and taste again for acidity and salt. Set aside.
- Heat a large grill pan over high heat until smoking. Toss the sliced beef with 1 tablespoon of olive oil and season generously with salt and pepper.
- Add the beef to the pan and cook untouched until almost cooked through and charred in places. Toss the meat with tongs to redistribute and cook until completely cooked through, about 30 seconds longer.
- Remove the beef to a plate to rest, drizzle remaining tablespoon of oil over it, and grill the baguette pieces for a minute to soften and warm them.
- Spread mayonnaise on one side of each baguette and top with the steak. Spoon relish over the other half, top with avocado, repeat with remaining sandwiches, and serve.

## Nutrition Facts



## Properties

Glycemic Index:90.94, Glycemic Load:21.12, Inflammation Score:-7, Nutrition Score:26.689565259477%

## 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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 751.7kcal (37.58%), Fat: 50.93g (78.35%), Saturated Fat: 12.97g (81.09%), Carbohydrates: 47.07g (15.69%), Net Carbohydrates: 40.94g (14.89%), Sugar: 7.8g (8.66%), Cholesterol: 84.92mg (28.31%), Sodium: 545.26mg (23.71%), Alcohol: 0g (100%), Protein: 28.79g (57.58%), Vitamin B3: 9.7mg (48.5%), Vitamin K: 47.63µg (45.36%), Selenium: 28.84µg (41.2%), Vitamin B12: 2.44µg (40.66%), Zinc: 5.91mg (39.37%), Vitamin B1: 0.55mg (36.61%), Folate: 145.87µg (36.47%), Phosphorus: 329.18mg (32.92%), Vitamin B6: 0.66mg (32.84%), Iron: 5.34mg (29.68%), Vitamin B2: 0.48mg (28.09%), Manganese: 0.55mg (27.54%), Vitamin E: 3.82mg (25.49%), Potassium: 876.62mg (25.05%), Fiber: 6.13g (24.52%), Vitamin C: 20.06mg (24.31%), Vitamin B5: 1.98mg (19.79%), Magnesium: 75.91mg (18.98%), Copper: 0.31mg (15.64%), Calcium: 104.59mg (10.46%), Vitamin A: 473.89IU (9.48%)