



Grilled Southwest Steak and Salsa Sandwiches

READY IN



25 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium avocado pitted peeled thinly sliced
- 1 lb beef top sirloin steaks boneless
- 0.5 teaspoon chili powder
- 6 oz monterrey jack cheese
- 0.5 teaspoon oregano dried
- 0.5 teaspoon garlic
- 0.8 cup salsa thick
- 0.5 teaspoon lawry's seasoned salt

6 portugese rolls split

Equipment

grill

Directions

Heat gas or charcoal grill.

Sprinkle both sides of beef with seasoned salt, garlic-pepper blend, chili powder and oregano.

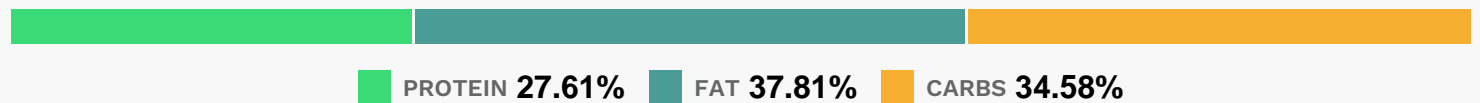
Place beef on grill over medium heat. Cover grill; cook 8 to 9 minutes, turning once or twice, until desired doneness.

Add buns, cut sides down, for last 4 minutes of grilling or until toasted.

Cut beef crosswise into thin slices.

Spread about 2 tablespoons salsa on bottom of each bun. Top with beef, avocado, cheese and tops of buns.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:23.28, Inflammation Score:-6, Nutrition Score:17.643912973611%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 439.3kcal (21.97%), Fat: 18.49g (28.44%), Saturated Fat: 7.13g (44.56%), Carbohydrates: 38.04g (12.68%), Net Carbohydrates: 34.01g (12.37%), Sugar: 5.95g (6.61%), Cholesterol: 69.83mg (23.28%), Sodium: 917.1mg (39.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.37g (60.74%), Iron: 12.49mg (69.38%), Selenium: 27.9µg (39.86%), Vitamin B6: 0.65mg (32.44%), Phosphorus: 314.33mg (31.43%), Vitamin B3: 5.89mg (29.46%), Zinc: 4.17mg (27.79%), Calcium: 251.41mg (25.14%), Fiber: 4.03g (16.11%), Vitamin B12: 0.95µg (15.77%), Potassium: 545.57mg (15.59%), Vitamin B2: 0.26mg (15.17%), Folate: 43.81µg (10.95%), Vitamin B5: 1.09mg (10.89%), Vitamin K: 11.16µg (10.63%), Magnesium: 40.4mg (10.1%), Vitamin E: 1.47mg (9.8%), Vitamin A: 475.19IU (9.5%), Copper: 0.16mg (7.78%), Vitamin B1: 0.1mg (6.4%), Manganese: 0.11mg (5.58%), Vitamin C: 4.05mg (4.91%), Vitamin D: 0.17µg (1.13%)