



Flank Steak Sandwiches with Apple Barbecue Sauce

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings apple barbecue sauce
- ☐ 1.5 pound flank steak
- ☐ 6 servings coarsely ground pepper
- ☐ 1 Leaf lettuce
- ☐ 6 onion rolls split
- ☐ 6 slices tomatoes

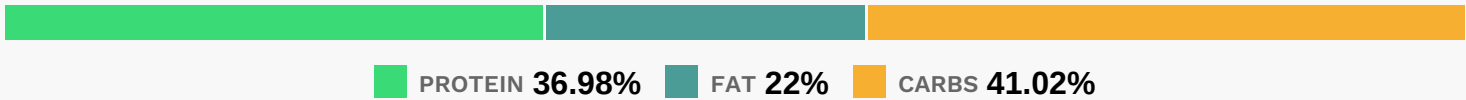
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Place steak in a shallow dish or heavy-duty zip-top plastic bag; pour 1/2 cup Apple Barbecue Sauce over steak. Cover or seal, and chill 8 hours.
- ☐ Remove steak from marinade, discarding marinade.
- ☐ Grill steak, covered with grill lid, over medium-high heat (350 to 400 degrees F)
- ☐ 10 to 15 minutes on each side or to desired degree of doneness.
- ☐ Cut steak diagonally across the grain into thin strips.
- ☐ Serve on rolls with tomato, lettuce, and, if desired, onion.
- ☐ Drizzle with remaining sauce; sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:14.356956522102%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 344.69kcal (17.23%), Fat: 8.23g (12.67%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 34.55g (11.52%), Net Carbohydrates: 32.79g (11.92%), Sugar: 3.79g (4.21%), Cholesterol: 68.04mg (22.68%), Sodium: 444.6mg (19.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.14g (62.28%), Selenium: 33.47µg (47.82%), Vitamin B3: 9.12mg (45.58%), Vitamin B6: 0.69mg (34.42%), Zinc: 4.35mg (29%), Iron: 4.22mg (23.44%), Phosphorus: 229.93mg (22.99%), Folate: 83.32µg (20.83%), Vitamin B1: 0.29mg (19.13%), Vitamin B2: 0.31mg (18.15%), Vitamin B12: 1.03µg (17.2%), Potassium: 394.59mg (11.27%), Calcium: 92.93mg (9.29%), Vitamin B5: 0.72mg (7.2%), Fiber: 1.76g (7.05%), Magnesium: 25.45mg (6.36%), Copper: 0.09mg (4.29%), Vitamin E: 0.35mg (2.3%), Vitamin K: 1.94µg (1.85%), Manganese: 0.03mg (1.46%)