



Garlic Bread Steak Sandwich

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb beef sirloin steak thinly sliced
- 0.5 cup cilantro leaves fresh chopped
- 2 tsp garlic powder
- 6 singles kraft
- 0.3 cup real mayo mayonnaise kraft
- 2 onions sliced
- 2 serrano chiles stemmed sliced
- 6 bolillos split

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Equipment

bowl

frying pan

Directions

Cook onions in large nonstick skillet on medium heat 10 min. or until caramelized.

Remove from skillet; cover to keep warm.

Add meat to skillet in batches; cook 2 to 3 min. or until done, turning occasionally and adding chiles to skillet with the last batch of meat.

Combine all meat, onions and cilantro in bowl; cover to keep warm.

Mix mayo and garlic powder; spread onto cut sides of bolillos. Cook in skillet 2 min. on each side or until golden brown on both sides. Fill with meat mixture and Singles.

Nutrition Facts

 PROTEIN **27.84%** FAT **66.99%** CARBS **5.17%**

Properties

Glycemic Index:19, Glycemic Load:0.83, Inflammation Score:-4, Nutrition Score:12.59130439227%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg

Nutrients (% of daily need)

Calories: 356.88kcal (17.84%), Fat: 26.18g (40.28%), Saturated Fat: 8.3g (51.86%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 3.72g (1.35%), Sugar: 1.81g (2.01%), Cholesterol: 68.89mg (22.96%), Sodium: 156.14mg (6.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.48g (48.96%), Vitamin B12: 3.17µg (52.79%), Selenium: 19.45µg (27.78%), Zinc: 3.87mg (25.79%), Vitamin B6: 0.51mg (25.25%), Vitamin K: 24.8µg (23.62%), Phosphorus: 225.51mg (22.55%), Vitamin B3: 4.21mg (21.06%), Iron: 2.48mg (13.79%), Vitamin B2: 0.22mg (13.2%), Potassium: 434.16mg (12.4%), Vitamin B1: 0.14mg (9.2%), Magnesium: 28.05mg (7.01%), Copper: 0.12mg (5.87%), Vitamin C: 3.99mg (4.83%), Vitamin B5: 0.44mg (4.37%), Manganese: 0.08mg (4.12%), Folate: 16.17µg (4.04%), Fiber: 0.83g

(3.32%), Vitamin E: 0.47mg (3.13%), Vitamin A: 139.2IU (2.78%), Calcium: 25.28mg (2.53%)