



Greek-Seasoned Steak Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.4 teaspoon pepper black divided freshly ground
- 1 cucumber peeled thinly sliced
- 0.3 teaspoon dijon mustard
- 12 ounces flank steak trimmed
- 1 tablespoon garlic minced
- 2 tablespoons greek yogurt plain fat-free
- 0.5 teaspoon kosher salt divided
- 4 teaspoons olive oil extra virgin extra-virgin divided
- 1 teaspoon oregano dried

- 4 6-inch wholewheat pita breads whole-wheat ()
- 4 slices onion red thin
- 3 tablespoons red wine vinegar divided
- 4 the of 1 cos lettuce
- 1 tomatoes cut into 8 slices

Equipment

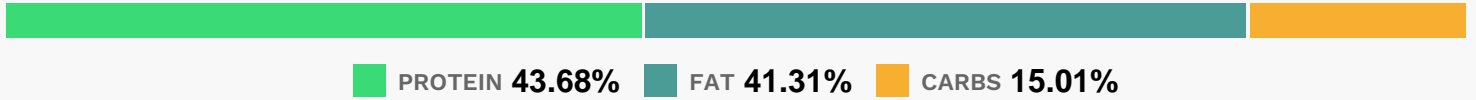
- bowl
- frying pan
- whisk
- grill
- ziploc bags
- grill pan

Directions

- Combine 2 tablespoons vinegar, 1 teaspoon oil, garlic, and oregano in a large zip-top plastic bag.
- Add steak to bag; seal.
- Let stand at room temperature 20 minutes, turning once.
- Heat a grill pan over medium-high heat.
- Remove steak from bag; discard marinade.
- Sprinkle 3/8 teaspoon salt and 1/4 teaspoon pepper evenly over both sides of steak. Coat pan with cooking spray.
- Place steak in pan; grill 5 minutes on each side or until desired degree of doneness.
- Remove steak from pan; let stand 10 minutes.
- Cut steak across the grain into thin slices.
- Combine remaining 1 tablespoon vinegar, 1 tablespoon oil, 1/8 teaspoon salt, 1/8 teaspoon pepper, yogurt, and mustard in a bowl, stirring with a whisk.
- Cut off one-third of each pita; discard or reserve for another use. Arrange 1 lettuce leaf, 1 onion slice, one-fourth of cucumber slices, 2 tomato slices, and one-fourth of steak in each

pita; top each sandwich with 1 tablespoon yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:1.5, Inflammation Score:-9, Nutrition Score:17.160869536193%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 191.2kcal (9.56%), Fat: 8.62g (13.26%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 4.99g (1.81%), Sugar: 3.06g (3.4%), Cholesterol: 51.4mg (17.13%), Sodium: 354.58mg (15.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.51g (41.02%), Vitamin A: 2759.46IU (55.19%), Vitamin K: 43.47µg (41.4%), Selenium: 26.51µg (37.87%), Vitamin B6: 0.65mg (32.54%), Vitamin B3: 5.69mg (28.44%), Zinc: 3.62mg (24.12%), Phosphorus: 223.89mg (22.39%), Folate: 68.97µg (17.24%), Potassium: 588.04mg (16.8%), Vitamin B12: 0.83µg (13.77%), Manganese: 0.26mg (12.78%), Iron: 2.19mg (12.19%), Vitamin C: 9.46mg (11.47%), Vitamin B2: 0.17mg (10.14%), Magnesium: 40.28mg (10.07%), Vitamin B1: 0.13mg (8.83%), Vitamin B5: 0.85mg (8.49%), Copper: 0.17mg (8.43%), Fiber: 2.06g (8.23%), Vitamin E: 1.15mg (7.65%), Calcium: 66.61mg (6.66%)