



Grilled Marinated Steak Sandwiches

 Dairy Free

READY IN



265 min.

SERVINGS



8

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup honey
- ☐ 1 tablespoon ginger grated
- ☐ 2 tablespoons soya sauce
- ☐ 12 ounces beer canned
- ☐ 2 pound beef top sirloin steaks boneless thick
- ☐ 8 6-inch wholewheat pita breads (es in diameter)
- ☐ 1 serving tomatoes sliced
- ☐ 1 serving roasted chicken sliced

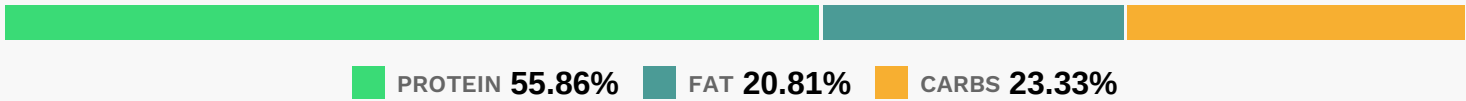
Equipment

☐ grill

Directions

- ☐ In shallow glass or plastic dish or heavy-duty resealable plastic food-storage bag, mix honey, gingerroot, soy sauce and beer.
- ☐ Add beef; turn to coat with marinade. Cover dish or seal bag and refrigerate, turning occasionally, at least 4 hours but no longer than 24 hours.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Remove beef from marinade; reserve marinade. Cover and grill beef over from medium heat about 12 minutes for medium doneness, turning after 6 minutes and brushing frequently with marinade. Discard any remaining marinade.
- ☐ Cut beef into thin slices.
- ☐ Serve beef in pita fold breads with tomato and onion.

Nutrition Facts



Properties

Glycemic Index:32.22, Glycemic Load:5.97, Inflammation Score:-4, Nutrition Score:13.617391337519%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 222.45kcal (11.12%), Fat: 4.79g (7.36%), Saturated Fat: 1.68g (10.53%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 11.71g (4.26%), Sugar: 9.38g (10.42%), Cholesterol: 74.87mg (24.96%), Sodium: 331.57mg (14.42%), Alcohol: 1.66g (100%), Alcohol %: 1.02% (100%), Protein: 28.92g (57.83%), Selenium: 37.92µg (54.17%), Vitamin B3: 8.74mg (43.72%), Vitamin B6: 0.81mg (40.33%), Zinc: 4.79mg (31.96%), Phosphorus: 278.56mg (27.86%), Vitamin

B12: 1.11µg (18.42%), Potassium: 513.85mg (14.68%), Iron: 2.19mg (12.19%), Vitamin B2: 0.18mg (10.51%), Vitamin B5: 0.91mg (9.12%), Magnesium: 35.99mg (9%), Vitamin B1: 0.11mg (7.18%), Copper: 0.12mg (6.12%), Folate: 22.56µg (5.64%), Manganese: 0.08mg (4.05%), Vitamin C: 3.18mg (3.85%), Vitamin A: 191.78IU (3.84%), Calcium: 32.71mg (3.27%), Vitamin E: 0.44mg (2.94%), Vitamin K: 3.03µg (2.88%), Fiber: 0.37g (1.47%)