



Grilled Skirt Steak and Pepper Sandwiches with Corn Mayonnaise

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 inch ciabatta bread halved
- 2 ears corn husked
- 1 tablespoon basil fresh chopped
- 1 small garlic clove pressed
- 0.7 cup mayonnaise
- 6 servings olive oil (for brushing)
- 1 tablespoon oregano fresh chopped

- 2 small bell pepper red quartered
- 1 large onion red cut into 1/3-inch rounds
- 1.5 tablespoons red wine vinegar
- 1.3 pounds skirt steak

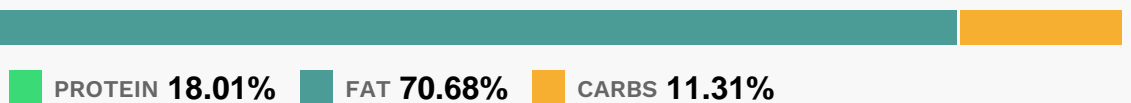
Equipment

- bowl
- whisk
- grill

Directions

- Prepare barbecue (high heat).
- Whisk first 5 ingredients in medium bowl. Set aside. Pull out some of inside of bread, forming thick shells.
- Brush corn, peppers, onion, cut sides of bread, and steaks with olive oil.
- Sprinkle with salt and pepper. Grill vegetables until charred and just tender and steaks until charred and cooked to medium-rare, about 15 minutes for corn, 8 to 10 minutes for peppers, and 5 to 8 minutes for onion, turning occasionally, and 3 minutes per side for steaks.
- Let steaks rest 5 minutes. Grill bread, cut side down, until charred, about 2 to 3 minutes.
- Cut corn from cobs; add 1 cup to bowl with mayonnaise mixture and stir to coat. Season to taste with salt and pepper.
- Cut steaks diagonally against the grain into 1/3- to 1/2-inch-thick strips. Arrange steak slices, peppers, and onion over bottom halves of bread. Spoon corn mayonnaise over. Top with bread, pressing slightly to compact. (If using ciabatta, cut into 6 sandwiches.) only 377 calories!
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 35.67, Glycemic Load: 0.82, Inflammation Score: -9, Nutrition Score: 19.026522011861%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 504.14kcal (25.21%), Fat: 40.23g (61.89%), Saturated Fat: 7.63g (47.69%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 12.56g (4.57%), Sugar: 3.87g (4.3%), Cholesterol: 69.99mg (23.33%), Sodium: 277.3mg (12.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.07g (46.14%), Vitamin K: 58.36µg (55.58%), Vitamin C: 35.22mg (42.7%), Zinc: 6.39mg (42.57%), Vitamin B12: 2.04µg (34.04%), Selenium: 21.77µg (31.1%), Vitamin B3: 6.2mg (31.01%), Vitamin B6: 0.55mg (27.51%), Vitamin E: 3.5mg (23.31%), Vitamin B2: 0.35mg (20.87%), Phosphorus: 191.67mg (19.17%), Vitamin A: 884.32IU (17.69%), Iron: 2.44mg (13.54%), Potassium: 455.82mg (13.02%), Manganese: 0.24mg (11.79%), Magnesium: 39.67mg (9.92%), Vitamin B5: 0.92mg (9.18%), Vitamin B1: 0.13mg (8.67%), Folate: 33.73µg (8.43%), Fiber: 1.91g (7.65%), Copper: 0.12mg (5.96%), Calcium: 29.37mg (2.94%)