



Grilled Southwest Steak and Salsa Sandwiches

READY IN



25 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb beef top sirloin steaks boneless
- 0.5 teaspoon lawry's seasoned salt
- 0.5 teaspoon highest available proof grain spirit
- 0.5 teaspoon chili powder
- 0.5 teaspoon oregano dried
- 6 portugese rolls split
- 0.8 cup salsa thick
- 1 medium avocado pitted peeled thinly sliced

6 oz monterrey jack cheese

Equipment

grill

Directions

Heat gas or charcoal grill.

Sprinkle both sides of beef with seasoned salt, garlic-pepper blend, chili powder and oregano.

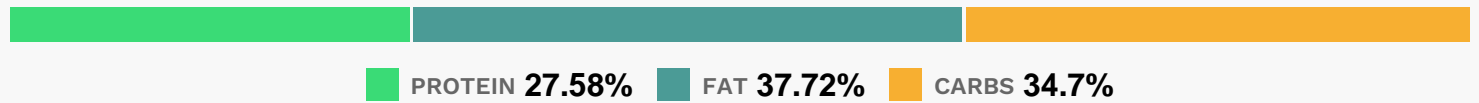
Place beef on grill over medium heat. Cover grill; cook 8 to 9 minutes, turning once or twice, until desired doneness.

Add buns, cut sides down, for last 4 minutes of grilling or until toasted.

Cut beef crosswise into thin slices.

Spread about 2 tablespoons salsa on bottom of each bun. Top with beef, avocado, cheese and tops of buns.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:23.42, Inflammation Score:-6, Nutrition Score:17.678695839384%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 440.4kcal (22.02%), Fat: 18.49g (28.44%), Saturated Fat: 7.13g (44.57%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 34.22g (12.44%), Sugar: 5.96g (6.62%), Cholesterol: 69.83mg (23.28%), Sodium: 917.09mg (39.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.41g (60.83%), Iron: 12.49mg (69.4%), Selenium: 27.88µg (39.82%), Vitamin B6: 0.65mg (32.36%), Phosphorus: 315.73mg (31.57%), Vitamin B3: 5.92mg (29.59%), Zinc: 4.19mg (27.94%), Calcium: 251.05mg (25.1%), Fiber: 4.05g (16.2%), Vitamin B12: 0.95µg (15.77%), Potassium: 546.32mg (15.61%), Vitamin B2: 0.26mg (15.22%), Folate: 44.2µg (11.05%), Vitamin B5: 1.09mg (10.92%), Vitamin K: 11.16µg (10.63%), Magnesium: 41.06mg (10.27%), Vitamin E: 1.47mg (9.82%), Vitamin A: 475.25IU (9.5%), Copper: 0.16mg (7.85%), Vitamin B1: 0.1mg (6.4%), Manganese: 0.11mg (5.64%), Vitamin C: 3.97mg (4.82%), Vitamin D:

0.17µg (1.13%)