



Grilled Steak and Onion Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large onion sweet cut into 1/2-inch-thick wedges
- ☐ 2 teaspoons olive oil
- ☐ 1.5 teaspoons highest available proof grain spirit
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 1 lb beef top sirloin steaks boneless
- ☐ 2 tablespoons butter softened
- ☐ 4 portugese rolls split
- ☐ 3 tablespoons steak sauce
- ☐ 1 medium tomatoes thinly sliced

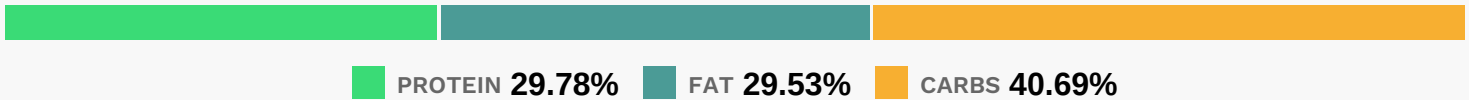
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Cut 18-inch square sheet of heavy-duty foil.
- ☐ Brush onion wedges with oil. In small bowl, combine 1 teaspoon of the garlic-pepper blend and the dry mustard; mix well.
- ☐ Sprinkle both sides of steak with mustard mixture.
- ☐ When grill is heated, place steak on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals.
- ☐ Place onion wedges on sheet of foil next to steak. Cook 8 to 12 minutes or until steak is of desired doneness and onion is crisp-tender, turning steak once and stirring onion occasionally.
- ☐ Meanwhile, in small bowl, combine butter and remaining 1/2 teaspoon garlic-pepper blend; blend well.
- ☐ Spread on cut sides of buns. To toast buns, place cut sides down on grill during last 1 to 2 minutes of cooking time.
- ☐ To serve, spread cut sides of each bun with about 1 teaspoon steak sauce.
- ☐ Cut steak crosswise into thin slices.
- ☐ Layer steak slices, onion wedges and tomato slices on bottom halves of buns. Cover with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:23.99, Inflammation Score:-6, Nutrition Score:18.189565140268%

Flavonoids

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg, Quercetin: 12.19mg

Nutrients (% of daily need)

Calories: 435.7kcal (21.78%), Fat: 14.16g (21.78%), Saturated Fat: 5.37g (33.58%), Carbohydrates: 43.9g (14.63%), Net Carbohydrates: 41.4g (15.06%), Sugar: 10.47g (11.63%), Cholesterol: 81.95mg (27.32%), Sodium: 595.02mg (25.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.12g (64.24%), Iron: 13mg (72.22%), Selenium: 36.07µg (51.53%), Vitamin B6: 0.86mg (43.23%), Vitamin B3: 7.87mg (39.35%), Zinc: 4.87mg (32.44%), Phosphorus: 284.46mg (28.45%), Vitamin B12: 1.08µg (17.96%), Potassium: 622.72mg (17.79%), Vitamin C: 8.97mg (10.87%), Magnesium: 43.16mg (10.79%), Folate: 41.66µg (10.41%), Vitamin B2: 0.17mg (10.14%), Fiber: 2.49g (9.97%), Vitamin A: 465.52IU (9.31%), Vitamin B1: 0.14mg (9.24%), Copper: 0.18mg (9.22%), Vitamin B5: 0.88mg (8.8%), Manganese: 0.16mg (8.03%), Vitamin E: 1.11mg (7.39%), Vitamin K: 5.91µg (5.63%), Calcium: 55.85mg (5.59%)