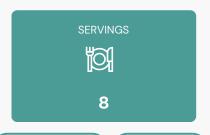


Grilled Steak Sandwiches







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

0.3 cup vegetable oil

- 0.3 cup red wine vinegar
- 0.3 cup water
- 1.1 ounces meat marinade mix
- 2 pound top round boneless thick
- 8 wholewheat pita breads

Equipment

grill

Directions Mix all ingredients except beef and pita breads in shallow glass or plastic dish or resealable plastic food-storage bag. Add beef; turn to coat with marinade. Cover dish or seal bag and refrigerate at least 4 hours but no longer than 24 hours. Heat coals or gas grill. Remove beef from marinade; reserve marinade. Cover and grill beef 4 to 5 inches from medium heat 15 to 20 minutes, turning once and brushing frequently with marinade, until desired doneness. Discard any remaining marinade. Cut beef into thin slices. Serve in pita bread folds. Nutrition Facts

PROTEIN 35.7% FAT 29.68% CARBS 34.62%

Properties

Glycemic Index:12.13, Glycemic Load:29.06, Inflammation Score:-2, Nutrition Score:16.37956520996%

Nutrients (% of daily need)

Calories: 369.88kcal (18.49%), Fat: 11.89g (18.29%), Saturated Fat: 2.64g (16.47%), Carbohydrates: 31.21g (10.4%), Net Carbohydrates: 29.98g (10.9%), Sugar: Og (0%), Cholesterol: 71.9mg (23.97%), Sodium: 376.43mg (16.37%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 32.19g (64.37%), Selenium: 36.17µg (51.68%), Vitamin B3: 9mg (45%), Vitamin B6: 0.79mg (39.45%), Zinc: 5.66mg (37.7%), Phosphorus: 308.93mg (30.89%), Vitamin B12: 1.53µg (25.51%), Iron: 3.13mg (17.39%), Vitamin B1: 0.26mg (17.15%), Manganese: 0.29mg (14.43%), Potassium: 493.09mg (14.09%), Vitamin K: 13.89µg (13.23%), Vitamin B2: 0.22mg (13%), Copper: 0.22mg (10.87%), Magnesium: 43.28mg (10.82%), Vitamin B5: 0.99mg (9.92%), Calcium: 73.78mg (7.38%), Folate: 29.32µg (7.33%), Vitamin E: 0.89mg (5.91%), Fiber: 1.23g (4.93%)