



Grilled Steak Sandwiches

 Dairy Free

READY IN



270 min.

SERVINGS



8

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

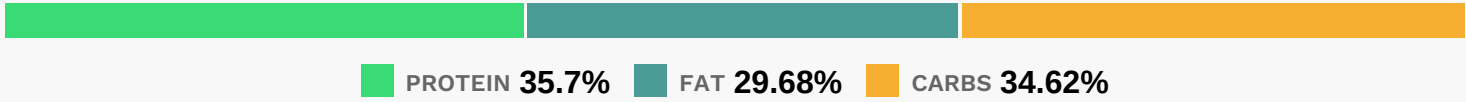
Equipment

- ☐ 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



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: 0g (0%), Cholesterol: 71.9mg (23.97%), Sodium: 376.43mg (16.37%), Alcohol: 0g (100%), Alcohol %: 0% (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%)