



Grilled Vidalia Onion and Steak Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup arugula minced
- ☐ 1 bay leaf crushed
- ☐ 0.8 cup coca-cola
- ☐ 1.5 pound flank steak trimmed
- ☐ 4 garlic cloves crushed
- ☐ 0.5 teaspoon chipotle chili powder
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 0.5 cup mayonnaise low-fat

- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 12 ounce kaiser rolls
- ☐ 3 inch tomatoes
- ☐ 3 inch vidalia onion

Equipment

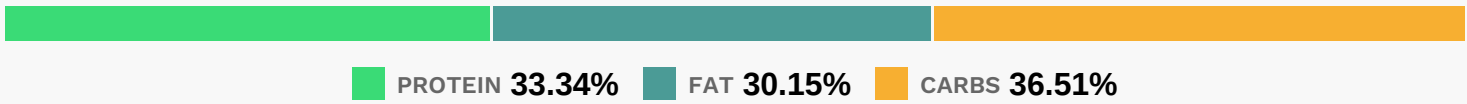
- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ To prepare steak, combine first 7 ingredients in a large zip-top plastic bag.
- ☐ Add steak; seal and marinate in refrigerator for 2 hours, turning bag occasionally.
- ☐ Remove steak from bag, reserving marinade.
- ☐ Pour marinade into a microwave-safe bowl; microwave at high 2 minutes or until mixture comes to a boil. Set aside.
- ☐ Prepare grill.
- ☐ To prepare dressing, combine arugula and mayonnaise; set aside.
- ☐ Place steak on a grill rack coated with cooking spray; grill 8 minutes on each side or until steak is medium-rare or desired degree of doneness.
- ☐ Remove steak from grill; cover and let stand 5 minutes.
- ☐ Place onion slices on grill rack; grill 4 minutes on each side, basting occasionally with reserved marinade.
- ☐ Place rolls on grill rack, cut sides down; grill 2 minutes or until lightly browned.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Spread 2 tablespoons dressing on bottom half of each roll. Divide steak, tomato, and onion evenly among bottom halves of rolls. Top with top halves of rolls.

- ☐ Wine note: A great steak sandwich like this one deserves a rich, fleshy red wine--one that will stand up to the savoriness of the grilled onions and the sweet meatiness of the steak. Since this is a sandwich, the wine shouldn't break the bank. My top choice: a California merlot. The Chateau Souverain Merlot 2001 (Alexander Valley, California, \$1
- ☐ is smooth, with hints of blackberries, plum, sage, and mushrooms. –Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:20.37, Inflammation Score:-2, Nutrition Score:14.703913170358%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 355.59kcal (17.78%), Fat: 11.64g (17.91%), Saturated Fat: 3.01g (18.81%), Carbohydrates: 31.73g (10.58%), Net Carbohydrates: 30.63g (11.14%), Sugar: 6.95g (7.72%), Cholesterol: 71.03mg (23.68%), Sodium: 647.43mg (28.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.95%), Iron: 10.48mg (58.22%), Selenium: 34.32µg (49.02%), Vitamin B6: 0.72mg (36.02%), Vitamin B3: 7.12mg (35.59%), Zinc: 4.41mg (29.43%), Phosphorus: 241.27mg (24.13%), Vitamin B12: 1.03µg (17.2%), Vitamin K: 14.97µg (14.26%), Potassium: 424.59mg (12.13%), Vitamin B2: 0.14mg (8.09%), Vitamin B5: 0.76mg (7.57%), Magnesium: 28.29mg (7.07%), Vitamin B1: 0.09mg (6%), Vitamin E: 0.82mg (5.49%), Manganese: 0.11mg (5.39%), Copper: 0.1mg (5.14%), Folate: 18.59µg (4.65%), Fiber: 1.11g (4.42%), Calcium: 41.21mg (4.12%), Vitamin A: 135.43IU (2.71%), Vitamin C: 1.27mg (1.54%)