



Hanger Steak Sandwiches with Chile-Lime Mayo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1031 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula packed
- ☐ 1 teaspoon ground pepper
- ☐ 1 tablespoon chili powder
- ☐ 12 ounces ciabatta bread halved (from a 1 lb. loaf)
- ☐ 1 tablespoon cilantro leaves finely chopped
- ☐ 1 tablespoon t brown sugar dark packed
- ☐ 4 garlic clove divided finely chopped

- ☐ 1 teaspoon spring onion finely chopped
- ☐ 2 teaspoons ground cumin
- ☐ 1 jalapeno seeded finely chopped
- ☐ 2 tablespoons juice of lime divided
- ☐ 1 cup mayonnaise
- ☐ 1 large bell pepper red stemmed seeded quartered
- ☐ 0.5 medium onion red thinly sliced
- ☐ 0.3 cup soya sauce
- ☐ 1 pound fat-trimmed beef flank steak
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ tongs

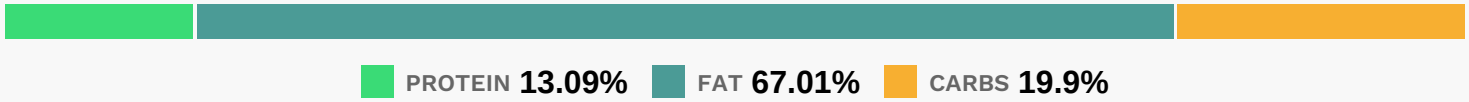
Directions

- ☐ Heat grill to medium (350 to 450). In a medium baking dish, whisk together soy sauce, oil, three-quarters of garlic, the brown sugar, 1 tbsp. chili powder, the cumin, cayenne, and 1 tbsp. lime juice.
- ☐ Add steak and turn to coat with marinade. Set aside.
- ☐ Combine mayonnaise, cilantro, green onion, jalapeo, and remaining 1 tsp. chili powder, 1 tbsp. lime juice, and remaining garlic in a bowl.
- ☐ Whisk to blend, then chill.
- ☐ Oil cooking grate, using tongs and a wad of oiled paper towels. Lift steak from marinade. Grill steak and pepper with lid down, turning as needed, until grill marks appear and steak is done the way you like, 7 to 10 minutes total for medium-rare.

- ☐
- Transfer to a platter. Thinly slice pepper.

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Nutrition Facts



Properties

Glycemic Index:79.75, Glycemic Load:1.52, Inflammation Score:-9, Nutrition Score:26.772174244342%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 1030.96kcal (51.55%), Fat: 77.5g (119.24%), Saturated Fat: 16.92g (105.75%), Carbohydrates: 51.78g (17.26%), Net Carbohydrates: 48.37g (17.59%), Sugar: 6.5g (7.22%), Cholesterol: 92.69mg (30.9%), Sodium: 1951.17mg (84.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.08g (68.15%), Vitamin K: 138.56µg (131.96%), Vitamin C: 62.18mg (75.37%), Vitamin A: 2323.28IU (46.47%), Selenium: 30.23µg (43.18%), Zinc: 6.33mg (42.2%), Vitamin B6: 0.75mg (37.5%), Vitamin B3: 7.15mg (35.77%), Vitamin E: 5.09mg (33.93%), Vitamin B12: 1.95µg (32.49%), Phosphorus: 236.79mg (23.68%), Vitamin B2: 0.39mg (22.82%), Iron: 3.96mg (21.98%), Potassium: 583.45mg (16.67%), Manganese: 0.32mg (15.77%), Fiber: 3.41g (13.64%), Magnesium: 50.42mg (12.61%), Vitamin B1: 0.17mg (11.33%), Folate: 39.39µg (9.85%), Copper: 0.19mg (9.33%), Calcium: 56.78mg (5.68%), Vitamin B5: 0.4mg (3.99%), Vitamin D: 0.23µg (1.5%)