



Hoisin Steak Sandwich

READY IN



60 min.

SERVINGS



6

CALORIES



1045 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small head cabbage sliced in thin strips
- ☐ 2 carrots julienned
- ☐ 1.5 pounds flank steak sliced thin
- ☐ 1.5 cups hoisin sauce
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 cups mayonnaise
- ☐ 1 medium onion red sliced thin
- ☐ 0.3 cup rice vinegar white
- ☐ 0.3 cup sriracha sauce

- ☐ 4 long rolls french halved lengthwise
- ☐ 4 tablespoons butter unsalted ()

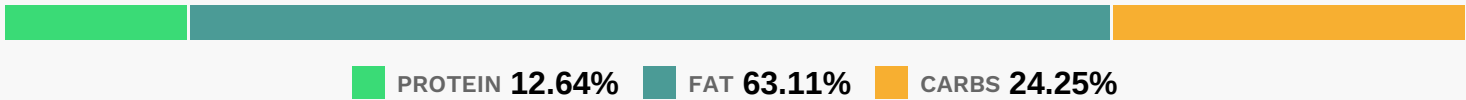
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ For the steak: In a medium bowl, whisk together the hoisin sauce and vinegar.
- ☐ Add the flank steak and marinate for 30 minutes.
- ☐ Mix the mayonnaise and Sriracha together in a small bowl.
- ☐ Combine the carrots, cabbage and red onions in a large bowl.
- ☐ Add the spicy mayonnaise and combine thoroughly. Season with salt and pepper. Chill until using.
- ☐ Heat a pan over medium-low heat. Butter the baguette halves, add them to the pan and toast until golden brown.
- ☐ Remove the bread from the pan, but leave the pan on the heat.
- ☐ Add the flank steak to the pan and cook for 3 to 4 minutes, adding a splash of water to the pan if the sauce is too thick.
- ☐ Divide the steak among the baguette bottoms, top with some spicy slaw and the baguette tops and cut in half. Enjoy!

Nutrition Facts



Properties

Glycemic Index:53.81, Glycemic Load:18.29, Inflammation Score:-10, Nutrition Score:31.836956754975%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 1045.44kcal (52.27%), Fat: 73.12g (112.48%), Saturated Fat: 16.33g (102.09%), Carbohydrates: 63.23g (21.08%), Net Carbohydrates: 56.69g (20.61%), Sugar: 27.77g (30.85%), Cholesterol: 121.53mg (40.51%), Sodium: 2144.74mg (93.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.95g (65.89%), Vitamin K: 217.67µg (207.3%), Vitamin A: 3816.52IU (76.33%), Vitamin C: 53.87mg (65.29%), Iron: 10.42mg (57.88%), Selenium: 37.03µg (52.9%), Vitamin B6: 0.95mg (47.43%), Vitamin B3: 8.4mg (41.98%), Zinc: 4.99mg (33.27%), Phosphorus: 318.17mg (31.82%), Fiber: 6.55g (26.19%), Vitamin E: 3.52mg (23.44%), Folate: 93.7µg (23.43%), Manganese: 0.46mg (22.97%), Potassium: 795.75mg (22.74%), Vitamin B2: 0.37mg (21.75%), Vitamin B12: 1.14µg (18.96%), Magnesium: 61.71mg (15.43%), Vitamin B1: 0.19mg (12.7%), Vitamin B5: 1.24mg (12.43%), Calcium: 118.69mg (11.87%), Copper: 0.23mg (11.51%), Vitamin D: 0.29µg (1.93%)