



# London Broil Sandwiches with Lemon Mayonnaise

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



880 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup salad dressing
- 1 teaspoon lemon zest grated
- 0.3 teaspoon lemon pepper
- 1 lb bread crumbs
- 2 tablespoons vegetable oil
- 1 tablespoon lemon zest grated
- 1 tablespoon soya sauce

- 0.5 teaspoon lemon pepper
- 1 lb beef top sirloin steaks boneless
- 1.5 cups the of 1 cos lettuce shredded

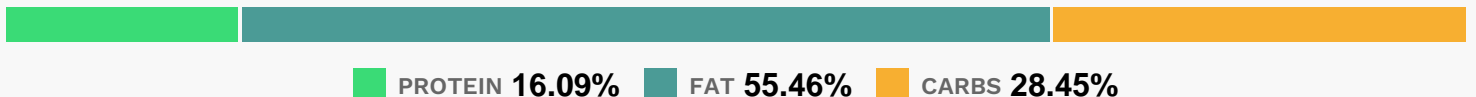
## Equipment

- bowl
- grill

## Directions

- Heat coals or gas grill for direct heat. In small bowl, mix all lemon mayonnaise ingredients until well blended.
- Cut bread horizontally in half.
- Drizzle 1 tablespoon of the oil over cut sides of bread. In small bowl, mix remaining 1 tablespoon oil, the lemon peel, soy sauce and lemon pepper seasoning. Rub both sides of beef with oil mixture.
- Cover and grill beef over medium heat 8 to 9 minutes, turning once or twice, until desired doneness.
- Add bread, cut sides down, for last 2 minutes of grilling or until toasted.
- Spread mayonnaise on bottom half of bread.
- Cut beef crosswise into thin slices.
- Layer lettuce and beef on bottom half of bread.
- Add top half of bread; cut crosswise into 4 sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:19.75, Glycemic Load:0.08, Inflammation Score:-8, Nutrition Score:20.618260922639%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 879.72kcal (43.99%), Fat: 54.02g (83.11%), Saturated Fat: 24.74g (154.61%), Carbohydrates: 62.36g (20.79%), Net Carbohydrates: 57.68g (20.97%), Sugar: 37g (41.11%), Cholesterol: 66.9mg (22.3%), Sodium: 883.03mg (38.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.26g (70.52%), Vitamin B3: 12.7mg (63.52%), Selenium: 35.36µg (50.51%), Vitamin K: 40.66µg (38.72%), Vitamin B6: 0.75mg (37.41%), Zinc: 4.84mg (32.28%), Vitamin A: 1543.48IU (30.87%), Phosphorus: 295.4mg (29.54%), Folate: 111.29µg (27.82%), Iron: 4.58mg (25.43%), Potassium: 724.5mg (20.7%), Fiber: 4.68g (18.73%), Vitamin B12: 1.07µg (17.77%), Vitamin B1: 0.26mg (17.58%), Vitamin B2: 0.26mg (15.24%), Magnesium: 51.3mg (12.83%), Vitamin E: 1.23mg (8.18%), Vitamin B5: 0.8mg (7.95%), Manganese: 0.11mg (5.73%), Copper: 0.11mg (5.57%), Vitamin C: 3.34mg (4.05%), Calcium: 37.91mg (3.79%)