



London Broil Sandwiches with Yogurt-Cucumber Sauce

 Very Healthy

READY IN



29 min.

SERVINGS



6

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large cucumber peeled seeded chopped
- ☐ 1 slices lemon wedges fresh
- ☐ 0.5 teaspoon dill dried
- ☐ 2 garlic clove minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 servings lettuce shredded

- ☐ 1.5 pounds top round (3/)
- ☐ 1 tablespoon olive oil
- ☐ 6 wholewheat pita breads
- ☐ 8 ounce yogurt plain
- ☐ 1 tablespoon penzey's southwest seasoning
- ☐ 1 large tomatoes diced

Equipment

- ☐ plastic wrap
- ☐ grill
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place beef between 2 sheets of heavy-duty plastic wrap; flatten to 1/2-inch thickness using a meat mallet or rolling pin.
- ☐ Combine garlic and next 3 ingredients in a shallow dish or large heavy-duty zip-top plastic bag; add beef. Cover or seal, and chill 8 hours.
- ☐ Remove beef from marinade, discarding marinade.
- ☐ Stir together yogurt and next 3 ingredients. Set aside.
- ☐ Grill beef, covered with grill lid, over medium-high heat (300 to 350 degrees F) for 3 to 5 minutes on each side or to desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut into thin slices.
- ☐ Place beef evenly down center of warm pita rounds. Top with yogurt mixture, lettuce, and tomato; roll up.
- ☐ Garnish, if desired, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.42, Glycemic Load:30.11, Inflammation Score:-7, Nutrition Score:25.337391480156%

Flavonoids

Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 377.41kcal (18.87%), Fat: 7.31g (11.24%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 42.13g (14.04%), Net Carbohydrates: 38g (13.82%), Sugar: 6.62g (7.35%), Cholesterol: 69.93mg (23.31%), Sodium: 414.36mg (18.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.19g (70.39%), Selenium: 37.94µg (54.2%), Vitamin B3: 9.49mg (47.46%), Vitamin B6: 0.94mg (47.08%), Vitamin K: 45.38µg (43.22%), Zinc: 6.37mg (42.48%), Phosphorus: 409.5mg (40.95%), Manganese: 0.61mg (30.6%), Vitamin B12: 1.76µg (29.36%), Potassium: 902.02mg (25.77%), Iron: 4.59mg (25.52%), Vitamin B1: 0.35mg (23.21%), Calcium: 217.6mg (21.76%), Vitamin B2: 0.37mg (21.53%), Folate: 79.85µg (19.96%), Vitamin C: 15.19mg (18.42%), Magnesium: 73.51mg (18.38%), Fiber: 4.12g (16.49%), Copper: 0.32mg (15.8%), Vitamin A: 783.59IU (15.67%), Vitamin B5: 1.5mg (15.05%), Vitamin E: 1.48mg (9.85%)