



Peppered Flank Steak Sandwich with Onion Marmalade

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons dijon mustard
- 1.5 pound flank steak lean
- 5 garlic cloves crushed
- 1 tablespoons coarsely ground pepper
- 1.5 ounce hamburger buns whole-wheat split toasted
- 3 cups onion chopped
- 0.3 cup orange juice

- 0.3 teaspoon salt
- 0.3 cup sugar
- 1 teaspoon vegetable oil

Equipment

- frying pan
- grill
- broiler
- broiler pan

Directions

- Coat a large nonstick skillet with cooking spray; add oil, and place over medium heat until hot.
- Add sugar; cook until sugar dissolves, stirring constantly. Continue cooking an additional 2 minutes or until golden, stirring constantly.
- Add onion and 1/4 teaspoon salt (caramelized sugar will harden and stick to spoon, but will melt again). Cook 20 minutes or until onion is golden, stirring occasionally.
- Add orange juice and bourbon; cook 5 minutes or until liquid evaporates.
- Remove from heat; set aside, and keep warm.
- Trim fat from steak.
- Combine mustard, 1/4 teaspoon salt, and garlic; stir well. Rub mustard mixture over both sides of steak. Pat pepper into mustard mixture on steak.
- Prepare grill or broiler.
- Place steak on grill rack or broiler pan coated with cooking spray; cook 8 minutes on each side or until desired degree of doneness.
- Cut diagonally across the grain into thin slices.
- Divide steak evenly among bottom halves of buns; top each with 1 1/2 tablespoons onion mixture and top half of bun.

Nutrition Facts



■ PROTEIN **39.46%** ■ FAT **23.43%** ■ CARBS **37.11%**

Properties

Glycemic Index:38.14, Glycemic Load:9.33, Inflammation Score:-4, Nutrition Score:11.325652088808%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg

Nutrients (% of daily need)

Calories: 201.33kcal (10.07%), Fat: 5.2g (8%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 17.13g (6.23%), Sugar: 11.94g (13.27%), Cholesterol: 51.03mg (17.01%), Sodium: 160.79mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.71g (39.42%), Selenium: 27.62µg (39.46%), Vitamin B6: 0.62mg (30.96%), Vitamin B3: 5.65mg (28.24%), Zinc: 3.44mg (22.94%), Phosphorus: 201.29mg (20.13%), Vitamin B12: 0.78µg (13.08%), Manganese: 0.25mg (12.5%), Potassium: 419.14mg (11.98%), Vitamin C: 8.97mg (10.88%), Iron: 1.76mg (9.79%), Vitamin B1: 0.13mg (8.77%), Vitamin B2: 0.14mg (8.11%), Folate: 30.05µg (7.51%), Magnesium: 29.14mg (7.28%), Vitamin B5: 0.65mg (6.5%), Fiber: 1.41g (5.66%), Copper: 0.11mg (5.59%), Calcium: 47.8mg (4.78%), Vitamin K: 3.84µg (3.65%), Vitamin E: 0.34mg (2.24%)