



Saucy Flank Steak Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons light-colored corn syrup
- 1.5 pound flank steak lean
- 1.5 ounce hamburger buns
- 1 teaspoon hot sauce
- 1 cup catsup reduced-calorie
- 1 tablespoon mustard prepared
- 0.3 cup red wine vinegar
- 1 teaspoon worcestershire sauce

Equipment

- bowl
- sieve
- plastic wrap
- grill
- broiler
- ziploc bags
- microwave
- broiler pan

Directions

- Trim fat from steak.
- Combine steak and next 6 ingredients (steak through hot sauce) in a large zip-top plastic bag. Seal bag; marinate in refrigerator 8 hours, turning bag occasionally.
- Remove steak from bag, reserving marinade.
- Prepare grill or broiler.
- Place steak on grill rack or broiler pan coated with cooking spray; grill or broil 8 minutes on each side or until desired degree of doneness. Slice steak diagonally across grain into thin strips. Set aside; keep warm.
- Pour reserved marinade through a sieve into a small microwave-safe bowl; cover with plastic wrap. Microwave at high 5 minutes or until marinade boils. Divide steak evenly among bottom halves of buns; top each with 2 tablespoons marinade and top half of bun.
- Garnish with olives, if desired.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:2.4, Inflammation Score:-3, Nutrition Score:10.045652197755%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 180.41kcal (9.02%), Fat: 4.57g (7.03%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 15.38g (5.13%), Net Carbohydrates: 15.11g (5.5%), Sugar: 11.11g (12.34%), Cholesterol: 51.03mg (17.01%), Sodium: 391.03mg (17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.14g (38.28%), Selenium: 27.42µg (39.18%), Vitamin B3: 5.96mg (29.82%), Vitamin B6: 0.57mg (28.37%), Zinc: 3.39mg (22.58%), Phosphorus: 188.09mg (18.81%), Vitamin B12: 0.78µg (13.08%), Potassium: 393.3mg (11.24%), Vitamin B2: 0.17mg (9.77%), Iron: 1.7mg (9.46%), Vitamin B1: 0.1mg (6.73%), Magnesium: 25.21mg (6.3%), Vitamin B5: 0.56mg (5.56%), Copper: 0.1mg (4.86%), Folate: 18.97µg (4.74%), Vitamin E: 0.71mg (4.71%), Manganese: 0.08mg (4%), Calcium: 33.2mg (3.32%), Vitamin A: 156.69IU (3.13%), Vitamin C: 1.82mg (2.2%), Vitamin K: 2.22µg (2.12%), Fiber: 0.27g (1.07%)