



Shredded Flank Steak Mini-Sandwiches

READY IN



105 min.

SERVINGS



30

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 cup chicken broth fat-free low-sodium
- ☐ 1.8 pounds flank steak trimmed
- ☐ 4 garlic cloves minced
- ☐ 4 garlic cloves pressed
- ☐ 1 large bell pepper green chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 16 mini-hawaiian bread rolls split
- ☐ 1 teaspoons hot sauce

- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 teaspoons olive oil
- ☐ 1 large onion chopped
- ☐ 1 large onion quartered
- ☐ 0.5 teaspoon pepper
- ☐ 1.3 teaspoons salt divided

Equipment

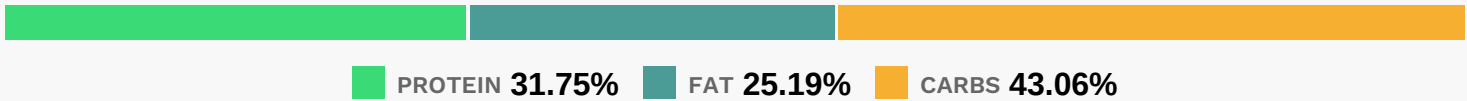
- ☐ dutch oven
- ☐ pressure cooker

Directions

- ☐ Sprinkle steak with 1/4 teaspoon salt.
- ☐ Place steak, quartered onion, pressed garlic, and broth in a 3-quart pressure cooker.
- ☐ Cover cooker with lid, and seal securely. Set on high-pressure setting, if available. Cook over medium-high heat until pressure cooker steams and full pressure is achieved. Reduce heat to medium, and cook for 45 minutes.
- ☐ Remove from heat; release pressure. Carefully remove lid so that steam escapes away from you.
- ☐ Remove meat from cooker.
- ☐ Let cool slightly. Strain onion mixture, reserving broth for another use; discard solids.
- ☐ Saut chopped onion and bell pepper in hot oil in a Dutch oven over medium-high heat 7 minutes or until tender.
- ☐ Add minced garlic, and saut 2 minutes. Stir in remaining 1 teaspoon salt, diced tomatoes, lime juice, hot sauce, ground cumin, and pepper; cook, stirring occasionally, 7 minutes or until most of the liquid evaporates.
- ☐ Shred beef, and coarsely chop; add to tomato mixture. Spoon about 1/4 cup meat mixture over bottom half of each roll; cover with tops of rolls.
- ☐ *Hawaiian bread rolls may be found in the deli section of your supermarket. Other small rolls may be substituted.

Note: For testing purposes only, we used a Fagor 3-Quart MULTIRAPID Pressure Cooker. If you have another model, cook according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:6.63, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:4.0900000230126%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 97.54kcal (4.88%), Fat: 2.73g (4.2%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 10.5g (3.5%), Net Carbohydrates: 9.94g (3.62%), Sugar: 3.31g (3.67%), Cholesterol: 21.1mg (7.03%), Sodium: 209.07mg (9.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.48%), Selenium: 8.22µg (11.75%), Vitamin B6: 0.22mg (10.83%), Vitamin B3: 1.9mg (9.52%), Vitamin C: 7.05mg (8.54%), Zinc: 1.09mg (7.26%), Phosphorus: 64.26mg (6.43%), Potassium: 162.44mg (4.64%), Vitamin B12: 0.26µg (4.27%), Iron: 0.68mg (3.77%), Manganese: 0.07mg (3.38%), Copper: 0.06mg (2.84%), Magnesium: 10.65mg (2.66%), Vitamin B1: 0.04mg (2.65%), Vitamin B2: 0.04mg (2.63%), Vitamin B5: 0.24mg (2.38%), Fiber: 0.56g (2.23%), Vitamin E: 0.31mg (2.09%), Folate: 7.88µg (1.97%), Vitamin K: 1.73µg (1.65%), Calcium: 15.48mg (1.55%), Vitamin A: 51.28IU (1.03%)