

Sirloin Sandwiches

 Dairy Free

READY IN



130 min.

SERVINGS



12

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple juice
- 1 envelope au jus mix
- 3 pounds sirloin beef tips
- 0.5 cup canola oil
- 1 cup soya sauce
- 12 portugese rolls split french

Equipment

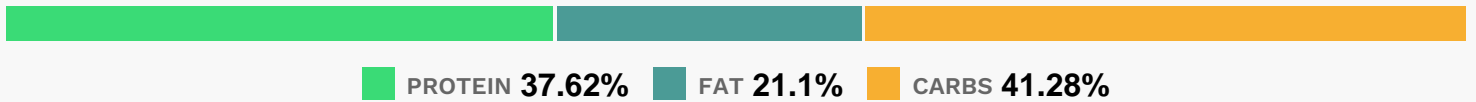
- grill

- kitchen thermometer
- ziploc bags

Directions

- In a large resealable plastic bag, combine the soy sauce, oil and juice.
- Remove 1/2 cup for basting.
- Add the roast to remaining marinade; seal bag and turn to coat. Refrigerate for 8 hours or overnight, turning occasionally. Cover and refrigerate reserved marinade.
- Drain and discard marinade. Grill roast, covered, over indirect heat for 1 hour, turning every 15 minutes or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°), basting frequently with reserved marinade.
- Remove from the grill; let stand for 1 hour. Cover and refrigerate overnight.
- Just before serving, prepare gravy mix according to package directions. Thinly slice roast; add to the gravy and heat through.
- Serve on rolls.

Nutrition Facts



Properties

Glycemic Index:10.73, Glycemic Load:23.57, Inflammation Score:-2, Nutrition Score:15.565652385354%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 344.45kcal (17.22%), Fat: 7.9g (12.15%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 34.76g (11.59%), Net Carbohydrates: 33.52g (12.19%), Sugar: 5.65g (6.28%), Cholesterol: 62.37mg (20.79%), Sodium: 1438.99mg (62.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.68g (63.37%), Iron: 13.14mg (73.01%), Selenium: 32.82µg (46.89%), Vitamin B3: 7.98mg (39.91%), Vitamin B6: 0.75mg (37.63%), Zinc: 4.77mg (31.79%), Phosphorus: 256.05mg (25.61%), Vitamin B12: 1.42µg (23.62%), Potassium: 433.57mg (12.39%), Vitamin B2: 0.19mg (10.9%), Magnesium: 34.33mg (8.58%), Vitamin B5: 0.79mg (7.9%), Vitamin B1: 0.11mg (7.56%), Copper: 0.14mg (6.87%),

Manganese: 0.12mg (5.94%), Fiber: 1.24g (4.96%), Folate: 17.09µg (4.27%), Vitamin E: 0.63mg (4.23%), Calcium: 33.76mg (3.38%), Vitamin K: 2.58µg (2.46%)