



Stampede Steak Sandwiches

READY IN



20 min.

SERVINGS



20

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce divided kraft
- 1 lb beef sirloin steak boneless
- 4 bread rolls split french
- 1 Tbsp grey poupon dijon mustard
- 0.3 cup miracle whip dressing
- 4 big sharp cheddar cheese kraft
- 1 tomatoes cut into 4 slices

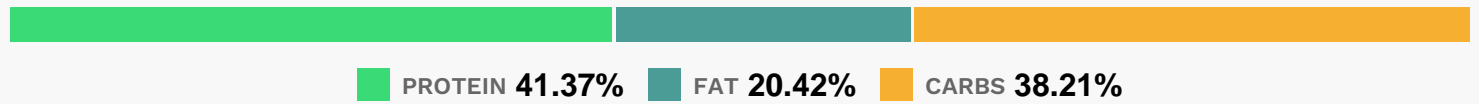
Equipment

grill

Directions

- Heat grill to medium-high heat.
- Grill steak 8 to 10 min. or until medium doneness (160F), turning and brushing occasionally with 1/4 cup barbecue sauce.
- Meanwhile, mix dressing and mustard; spread onto cut sides of rolls, then spread with remaining barbecue sauce.
- Cut steak across the grain into thin slices. Fill rolls with meat, cheese and tomatoes.

Nutrition Facts



Properties

Glycemic Index:7.78, Glycemic Load:1.5, Inflammation Score:-1, Nutrition Score:3.4399999643312%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 57.4kcal (2.87%), Fat: 1.28g (1.97%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 4.95g (1.8%), Sugar: 2.4g (2.67%), Cholesterol: 13.87mg (4.62%), Sodium: 123.27mg (5.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Selenium: 8.97µg (12.82%), Vitamin B3: 1.85mg (9.25%), Vitamin B6: 0.16mg (7.89%), Zinc: 1mg (6.64%), Phosphorus: 59.39mg (5.94%), Manganese: 0.09mg (4.27%), Vitamin B12: 0.22µg (3.59%), Iron: 0.63mg (3.5%), Potassium: 117.34mg (3.35%), Vitamin B1: 0.04mg (2.99%), Vitamin B2: 0.05mg (2.74%), Magnesium: 9.22mg (2.31%), Folate: 8.82µg (2.21%), Vitamin B5: 0.21mg (2.11%), Fiber: 0.43g (1.73%), Copper: 0.03mg (1.67%), Calcium: 16.26mg (1.63%), Vitamin A: 66.75IU (1.34%), Vitamin C: 0.89mg (1.07%), Vitamin K: 1.11µg (1.06%)