



## Steak'n Cheese Sandwich With Chimichurri Mayo

READY IN



11 min.

SERVINGS



11

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb beef sirloin steak
- 1 lb bread split french
- 1 clove garlic minced
- 0.3 cup real mayo mayonnaise kraft
- 0.5 cup parsley sprigs finely chopped
- 0.8 cup cheddar cheese shredded kraft

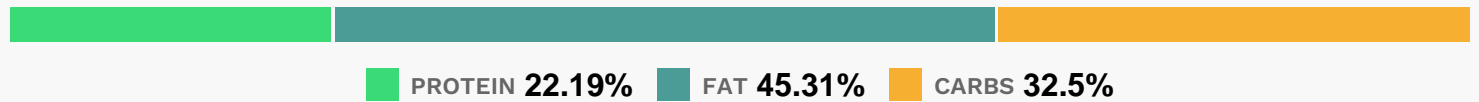
### Equipment

grill

## Directions

- Mix mayo, parsley and garlic.
- Spread mixture evenly on inside of both bread halves.
- Preheat grill to hot heat. Grill steak 3 min. on each side or until desired doneness.
- Cut steak into thin slices. Toast bread halves on grill, turning occasionally to avoid burning bread.
- Place bread on platter; top bottom half with steak strips.
- Sprinkle with cheese. Top with remaining bread half.
- Cut into 6 pieces.

## Nutrition Facts



## Properties

Glycemic Index:19.95, Glycemic Load:16.61, Inflammation Score:-5, Nutrition Score:12.41739121209%

## Flavonoids

Apigenin: 5.88mg, Apigenin: 5.88mg, Apigenin: 5.88mg, Apigenin: 5.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 271.15kcal (13.56%), Fat: 13.56g (20.86%), Saturated Fat: 4.78g (29.84%), Carbohydrates: 21.88g (7.29%), Net Carbohydrates: 20.88g (7.59%), Sugar: 1.99g (2.21%), Cholesterol: 32.93mg (10.98%), Sodium: 354.79mg (15.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.88%), Vitamin K: 53.5µg (50.96%), Selenium: 20.94µg (29.91%), Vitamin B1: 0.34mg (22.64%), Vitamin B12: 1.23µg (20.57%), Vitamin B3: 3.53mg (17.63%), Vitamin B2: 0.29mg (16.95%), Phosphorus: 153.4mg (15.34%), Folate: 59.22µg (14.81%), Iron: 2.64mg (14.65%), Zinc: 2.1mg (14.03%), Manganese: 0.23mg (11.57%), Vitamin B6: 0.21mg (10.62%), Calcium: 83.05mg (8.31%), Magnesium: 25.01mg (6.25%), Vitamin A: 310.28IU (6.21%), Potassium: 198.82mg (5.68%), Copper: 0.1mg (5.18%), Vitamin C: 3.71mg (4.5%), Fiber: 1g (4.01%), Vitamin B5: 0.32mg (3.19%), Vitamin E: 0.33mg (2.21%)