



Teriyaki Steak Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon chile-garlic sauce
- ☐ 1 teaspoon cornstarch
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 teaspoons garlic minced
- ☐ 3 tablespoons brown sugar light
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 bunches scallions sliced cut into 2-inch lengths, greens and reserved
- ☐ 1 teaspoon sesame oil

- ☐ 4 cups mushroom caps sliced
- ☐ 0.8 pound rump steak lean thinly sliced
- ☐ 1 cup snow peas
- ☐ 2 teaspoons vegetable oil
- ☐ 0.3 cup water
- ☐ 4 10-inch wraps whole-wheat ()

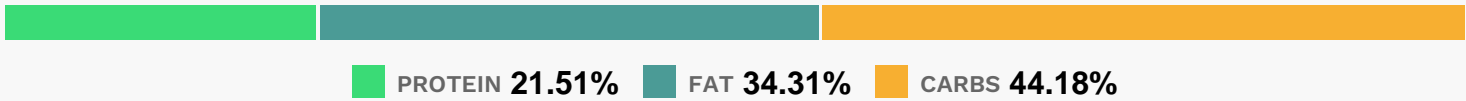
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ To make sauce, whisk together soy sauce, water, brown sugar, ginger, garlic, cornstarch, sesame oil, and chile-garlic sauce in a small bowl; set aside.
- ☐ Heat 2 teaspoons vegetable oil in a large skillet over medium-high heat.
- ☐ Add steak and cook until browned and just cooked through (2-3 minutes per side).
- ☐ Transfer steak (with its juices) to a bowl.
- ☐ Add 2 teaspoons vegetable oil to skillet with whites from scallions; cook, stirring, until charred (2 minutes).
- ☐ Add shiitake mushrooms and cook until softened (3-4 minutes).
- ☐ Add snow peas, scallion greens, and reserved sauce to skillet with reserved beef mixture; cook until heated through and sauce thickens (2-3 minutes). To assemble, arrange whole-wheat wraps on work surface; place about 3/4 cup beef mixture in middle of each and wrap tightly.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:3.47, Inflammation Score:-6, Nutrition Score:28.091304219287%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 555.83kcal (27.79%), Fat: 21.74g (33.45%), Saturated Fat: 7.17g (44.82%), Carbohydrates: 62.98g (20.99%), Net Carbohydrates: 51.56g (18.75%), Sugar: 18.67g (20.74%), Cholesterol: 47.63mg (15.88%), Sodium: 827.06mg (35.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.67g (61.34%), Vitamin B3: 12.18mg (60.92%), Vitamin B6: 1.07mg (53.49%), Fiber: 11.41g (45.65%), Phosphorus: 435.12mg (43.51%), Vitamin B2: 0.69mg (40.83%), Vitamin B12: 2.36µg (39.41%), Selenium: 27.55µg (39.35%), Vitamin B5: 3.9mg (38.96%), Zinc: 5.32mg (35.48%), Manganese: 0.68mg (33.94%), Vitamin K: 35.27µg (33.59%), Potassium: 1085.38mg (31.01%), Iron: 5.21mg (28.97%), Copper: 0.44mg (21.83%), Vitamin C: 17.51mg (21.23%), Magnesium: 78.11mg (19.53%), Calcium: 166.56mg (16.66%), Folate: 56.3µg (14.08%), Vitamin B1: 0.17mg (11.26%), Vitamin A: 386.09IU (7.72%), Vitamin D: 0.9µg (6.03%), Vitamin E: 0.4mg (2.65%)