



GRILLED SIRLOIN SANDWICHES W/ PICO DE GALLO

Nutrition Facts Report
Source: Custom

Yield: 4 (1.000 item(s))
No. Ingredients: 13

Category: Basic Food
Manufacturer: (None)

Ingredients

1.000 c. Red Tomato, Diced
0.250 c. Scallions, Green or Spring Onions
1.000 T. CILANTRO-RAW
2.000 t. Lemon Juice
1.000 item Garlic Clove
0.250 t. Table Salt
1.000 t. Ground Oregano
0.750 t. Paprika
0.500 t. Table Salt
0.500 t. Ground Black Pepper
2.000 item Garlic Clove
1.000 lb. Beef Top Sirloin, Separable Lean Only, Trimmed to 1/8" Fat, Select, Raw
4.000 item Philly-Style Hoagie

Nutrition Facts

Serving Size 1.00 item(s) (243g)

Amount Per Serving

Calories 341 **Calories from Fat** 61

% Daily Value

Total Fat 6.7g 10 %

Saturated Fat 2.5g 13 %

Trans Fat 0.0g

Cholesterol 40.8mg 14 %

Sodium 843.5mg 35 %

Total Carbohydrate 39.8g 13 %

Dietary Fiber 3.1g 13 %

Sugars 5.5g

Protein 34.1g

Vitamin A 13 % Calcium 5 %

Vitamin C 15 % Iron 13 %