



A.1. Cheesesteak Sandwich

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 lb beef round steak boneless thinly sliced
- 6 bread rolls split french
- 0.3 cup a.1. original sauce
- 1 Tbsp oil
- 1 cup onion thin
- 1 cup pepper strips green red thin
- 6 deli deluxe process american cheese kraft

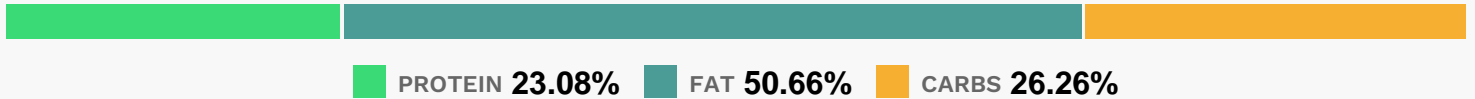
Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add vegetables; cook and stir 5 to 6 min. or until crisp-tender.
- Remove from skillet; cover to keep warm.
- Add meat; cook 1 to 2 min. or until browned, stirring occasionally.
- Add pepper mixture and steak sauce; mix lightly. Cook 3 to 4 min. or until meat is done, stirring occasionally.
- Fill rolls with meat mixture and cheese.

Nutrition Facts



Properties

Glycemic Index:4.91, Glycemic Load:1.91, Inflammation Score:-1, Nutrition Score:3.4169565244861%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 77.97kcal (3.9%), Fat: 4.41g (6.79%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 4.67g (1.7%), Sugar: 1.64g (1.82%), Cholesterol: 13.34mg (4.45%), Sodium: 161.37mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Selenium: 6.31µg (9.01%), Calcium: 64.09mg (6.41%), Vitamin C: 5.28mg (6.4%), Phosphorus: 63.62mg (6.36%), Zinc: 0.91mg (6.08%), Vitamin B3: 1.08mg (5.41%), Vitamin B12: 0.3µg (5.02%), Manganese: 0.1mg (4.88%), Vitamin B6: 0.09mg (4.28%), Vitamin B2: 0.06mg (3.8%), Vitamin B1: 0.05mg (3.11%), Iron: 0.54mg (3.01%), Folate: 8.34µg (2.08%), Potassium: 72.37mg (2.07%), Magnesium: 8.16mg (2.04%), Fiber: 0.48g (1.92%), Copper: 0.03mg (1.47%), Vitamin K: 1.53µg (1.46%), Vitamin A: 71.98IU (1.44%), Vitamin E: 0.17mg (1.16%)