



Bulgogi Cheesesteak Sandwich

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bell pepper green sliced
- ☐ 1 tablespoon oil
- ☐ 1 onion sliced
- ☐ 8 slices provolone cheese
- ☐ 1 bell pepper red sliced
- ☐ 4 sandwich buns sliced
- ☐ 4 teaspoons sesame seed toasted

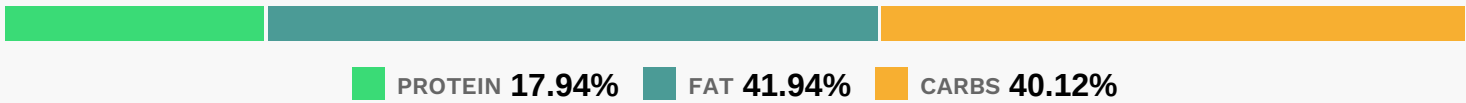
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the onions and saute until tender, about 5–7 minutes.
- ☐ Add the peppers and saute until just tender, about 5–7 minutes.
- ☐ Remove from heat and mix in the bulgogi and sesame seeds.Fill the buns with the bulgogi mixture, top with cheese and broil to melt.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1.33, Inflammation Score:-8, Nutrition Score:18.628695736761%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 367.48kcal (18.37%), Fat: 17.22g (26.49%), Saturated Fat: 7.29g (45.54%), Carbohydrates: 37.06g (12.35%), Net Carbohydrates: 33.92g (12.33%), Sugar: 4.36g (4.84%), Cholesterol: 26.22mg (8.74%), Sodium: 589.74mg (25.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.58g (33.16%), Vitamin C: 64.03mg (77.62%), Selenium: 28.65µg (40.93%), Calcium: 372.31mg (37.23%), Phosphorus: 279.72mg (27.97%), Vitamin A: 1376.68IU (27.53%), Vitamin B1: 0.34mg (22.74%), Vitamin B2: 0.36mg (21.15%), Manganese: 0.42mg (21.01%), Folate: 81.78µg (20.44%), Vitamin B3: 3.03mg (15.16%), Iron: 2.64mg (14.69%), Zinc: 2.08mg (13.85%), Fiber: 3.14g (12.58%), Vitamin B6: 0.25mg (12.49%), Copper: 0.22mg (10.99%), Magnesium: 42.35mg (10.59%), Vitamin E: 1.53mg (10.2%), Vitamin B12: 0.55µg (9.25%), Potassium: 278.35mg (7.95%), Vitamin K: 7.44µg (7.09%), Vitamin B5: 0.57mg (5.73%), Vitamin D: 0.19µg (1.27%)