

# Cheese Steak Sandwiches with Sautéed Onions and Peppers

READY IN



25 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons butter
- ☐ 1.3 cups queso asadero (from 15-oz jar)
- ☐ 3 tablespoons olive oil
- ☐ 2 medium onion thinly sliced
- ☐ 0.5 teaspoon pepper
- ☐ 2 bell pepper red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 6 portugese rolls split

☐ 2 teaspoons worcestershire sauce

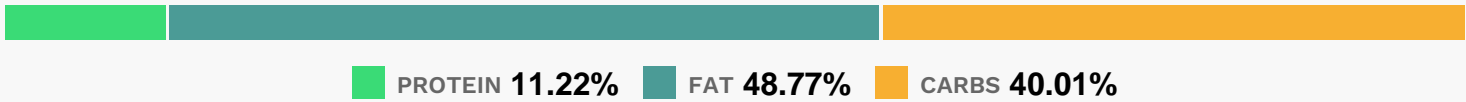
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ In 10-inch skillet, heat 1 1/2 tablespoons of the oil and 1 tablespoon of the butter over medium heat until hot.
- ☐ Add onions and bell peppers. Cook about 10 minutes, stirring occasionally, until golden brown and tender.
- ☐ Remove skillet from heat and remove onion mixture from skillet; set aside.
- ☐ Toss beef with salt and pepper so seasonings are evenly distributed. To the same skillet, add remaining oil and butter and increase heat to medium-high.
- ☐ Add one-fourth of the beef and cook 1 to 2 minutes, turning once, until beef is browned.
- ☐ Remove beef from skillet, and repeat to cook remaining beef.
- ☐ Return beef to skillet with onions and bell peppers. Stir in Worcestershire sauce. Divide beef evenly among bottom halves of buns and spoon 3 tablespoons cheese dip onto each. Cover with top halves of buns. (If your cheese dip has been refrigerated, spoon it into a microwavable bowl and microwave 10 to 20 seconds on High or until warm).

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:24.24, Inflammation Score:-8, Nutrition Score:13.356087152077%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 431.56kcal (21.58%), Fat: 23.5g (36.15%), Saturated Fat: 9.86g (61.64%), Carbohydrates: 43.36g (14.45%), Net Carbohydrates: 40.65g (14.78%), Sugar: 11.06g (12.29%), Cholesterol: 47mg (15.67%), Sodium: 1352.9mg (58.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.16g (24.33%), Vitamin C: 53.94mg (65.39%), Iron: 11.16mg (61.97%), Phosphorus: 420.8mg (42.08%), Vitamin A: 1681.69IU (33.63%), Calcium: 198.74mg (19.87%), Vitamin E: 1.75mg (11.69%), Fiber: 2.71g (10.85%), Vitamin B2: 0.17mg (9.79%), Vitamin B6: 0.16mg (8%), Potassium: 274.97mg (7.86%), Vitamin K: 6.92µg (6.59%), Zinc: 0.98mg (6.54%), Folate: 25.54µg (6.39%), Manganese: 0.11mg (5.67%), Vitamin B1: 0.04mg (2.67%), Magnesium: 9.07mg (2.27%), Vitamin B3: 0.45mg (2.24%), Vitamin B5: 0.18mg (1.78%), Copper: 0.03mg (1.37%)