



Cheesesteak Hoagies

READY IN



17 min.

SERVINGS



4

CALORIES



717 kcal

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 teaspoon penzey's southwest seasoning dried italian
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion thinly sliced
- ☐ 8 slices provolone cheese
- ☐ 1 cup roasted peppers red dry jarred drained sliced into strips
- ☐ 0.5 teaspoon salt
- ☐ 1.3 pounds rump steak boneless thinly sliced
- ☐ 12 oz torpedo rolls split
- ☐ 1 medium zucchini thinly sliced

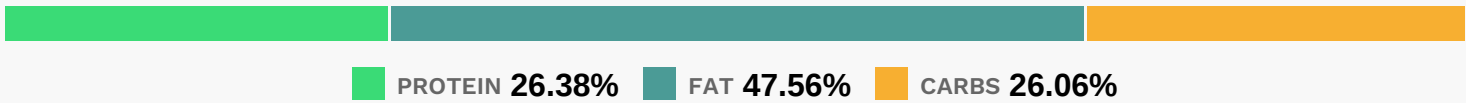
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ To warm rolls, arrange them on a baking sheet and place in an oven set on low.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion, zucchini, peppers, 1/4 tsp. salt and Italian seasoning. Cook, stirring, until vegetables are just tender, about 5 minutes.
- ☐ Transfer to a bowl and keep warm.
- ☐ Season steak strips with remaining 1/4 tsp. salt and freshly ground black pepper.
- ☐ Add to the same skillet and cook over medium-high heat, turning once, until no longer pink, about 2 minutes.
- ☐ Place one open roll on each of 4 plates and top with 2 slices provolone.
- ☐ Add steak and vegetables, then serve.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:28.67, Inflammation Score:-6, Nutrition Score:25.165652047033%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg

Nutrients (% of daily need)

Calories: 716.73kcal (35.84%), Fat: 37.56g (57.78%), Saturated Fat: 15.58g (97.35%), Carbohydrates: 46.31g (15.44%), Net Carbohydrates: 43.41g (15.78%), Sugar: 8.22g (9.14%), Cholesterol: 105.6mg (35.2%), Sodium: 1478.58mg (64.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.87g (93.74%), Iron: 16.42mg (91.23%), Vitamin B12: 4.5µg (74.92%), Phosphorus: 471.96mg (47.2%), Selenium: 29.3µg (41.86%), Zinc: 6.17mg (41.1%), Vitamin B6: 0.76mg (37.76%), Vitamin C: 27.82mg (33.73%), Calcium: 336.91mg (33.69%), Vitamin B3: 5.67mg (28.34%), Vitamin B2: 0.44mg (26.16%), Potassium: 727.18mg (20.78%), Magnesium: 55.93mg (13.98%), Vitamin B1: 0.2mg (13.16%), Vitamin A: 617.82IU (12.36%), Manganese: 0.23mg (11.65%), Fiber: 2.9g (11.61%), Copper: 0.21mg (10.52%), Folate: 37.1µg (9.28%), Vitamin B5: 0.78mg (7.82%), Vitamin K: 6.14µg (5.85%), Vitamin E: 0.68mg (4.54%), Vitamin D: 0.19µg (1.27%)