



Cheesesteak Sliders

READY IN



45 min.

SERVINGS



6

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces baguette whole-wheat split sliced into 6 servings
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 2 garlic cloves chopped
- ☐ 1 bell pepper green thinly sliced
- ☐ 1.5 cups onion thinly sliced
- ☐ 4 ounces provolone cheese cut into thin strips reduced-fat
- ☐ 0.5 teaspoon salt
- ☐ 12 ounces top round beef cut into thin strips

☐ 1 teaspoon worcestershire sauce

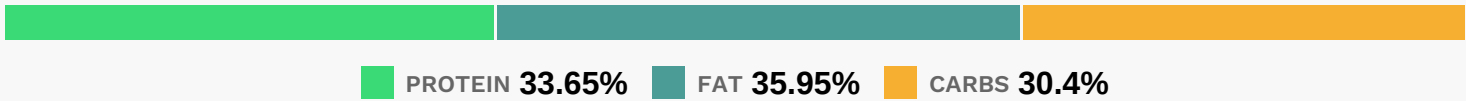
Equipment

☐ frying pan

Directions

- ☐ In a large nonstick pan, heat oil overmedium-high heat.
- ☐ Add onion and garlic;cook, stirring, until soft, 2 to 3 minutes.
- ☐ Add bell pepper; cook until crisp-tender,3 minutes. Move veggies to side of pan.Season beef with salt and black pepper;add to pan.
- ☐ Add Worcestershire and cookbeef through, 3 minutes.
- ☐ Remove pan fromheat; stir in cheese, mixing beef and veggiestogether. Divide mixture among bottomslices of bread; cover with top slices.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:32.96, Glycemic Load:10.45, Inflammation Score:-5, Nutrition Score:14.205217439195%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg

Nutrients (% of daily need)

Calories: 255.97kcal (12.8%), Fat: 10.13g (15.58%), Saturated Fat: 4.24g (26.52%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 17.62g (6.41%), Sugar: 3.72g (4.13%), Cholesterol: 47.63mg (15.88%), Sodium: 558.06mg (24.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.33g (42.65%), Selenium: 26.06µg (37.22%), Vitamin B3: 5.37mg (26.87%), Vitamin B6: 0.53mg (26.67%), Phosphorus: 265.51mg (26.55%), Zinc: 3.53mg (23.56%), Vitamin C: 19.35mg (23.45%), Calcium: 199.67mg (19.97%), Vitamin B12: 1.04µg (17.36%), Vitamin B1: 0.25mg (17%), Vitamin B2: 0.25mg (14.94%), Iron: 2.42mg (13.47%), Folate: 49.87µg (12.47%), Manganese: 0.25mg (12.25%), Potassium: 378.99mg (10.83%), Magnesium: 33.35mg (8.34%), Copper: 0.13mg (6.74%), Fiber: 1.65g (6.62%),

Vitamin B5: 0.66mg (6.58%), Vitamin E: 0.78mg (5.22%), Vitamin K: 5.4µg (5.14%), Vitamin A: 241.84IU (4.84%)