



 **57%**
HEALTH SCORE

Cheesesteak-Style Sandwiches

READY IN



25 min.

SERVINGS



5

CALORIES



812 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 servings pepperoncini peppers
- 5 servings pepperoncini peppers
- 0.5 teaspoon creole seasoning
- 1 small bell pepper green sliced
- 1 pot roast cut shredded cooked
- 2 cups pot roast cut
- 5 servings potato chips
- 6 oz provolone cheese
- 1 small bell pepper red sliced

- 30 inch portugese rolls split
- 1 medium size onion sweet sliced
- 0.5 teaspoon vegetable oil
- 1 tablespoon worcestershire sauce

Equipment

- frying pan
- baking sheet
- pot
- microwave
- measuring cup

Directions

- Saut first 3 ingredients in hot oil in a large nonstick skillet over medium-high heat 15 minutes or until golden brown.
- Sprinkle with Creole seasoning and Worcestershire sauce.
- Spoon shredded pot roast and bell pepper mixture evenly onto bottoms of split rolls, and top with provolone cheese; replace tops of split rolls.
- Place sandwiches on a baking sheet.
- Broil 6 inches from heat 2 to 3 minutes or until cheese is melted and top of rolls are toasted.
- Microwave Slow-cooker Pot Roast gravy in a glass measuring cup at HIGH 1 to 1 1/2 minutes or until thoroughly heated.
- Serve sandwiches with gravy for dipping and potato chips.
- Garnish, if desired.

Nutrition Facts



PROTEIN 42.59% **FAT 40.9%** **CARBS 16.51%**

Properties

Glycemic Index:34.8, Glycemic Load:5.37, Inflammation Score:-9, Nutrition Score:49.116956638253%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 9.97mg, Quercetin: 9.97mg, Quercetin: 9.97mg, Quercetin: 9.97mg

Nutrients (% of daily need)

Calories: 811.59kcal (40.58%), Fat: 36.46g (56.09%), Saturated Fat: 13.04g (81.47%), Carbohydrates: 33.11g (11.04%), Net Carbohydrates: 28.9g (10.51%), Sugar: 6.97g (7.74%), Cholesterol: 236.57mg (78.86%), Sodium: 758.14mg (32.96%), Alcohol: 0g (100%), Protein: 85.41g (170.81%), Zinc: 19.66mg (131.09%), Selenium: 86.5µg (123.57%), Vitamin B12: 7.41µg (123.57%), Vitamin B6: 2.14mg (107.19%), Vitamin C: 86.98mg (105.42%), Vitamin B3: 19.54mg (97.71%), Phosphorus: 915.75mg (91.58%), Iron: 10.18mg (56.57%), Potassium: 1781.85mg (50.91%), Vitamin B2: 0.75mg (44.18%), Vitamin B5: 3.8mg (37.98%), Calcium: 341.14mg (34.11%), Vitamin E: 4.73mg (31.52%), Magnesium: 122.05mg (30.51%), Vitamin B1: 0.41mg (27.37%), Copper: 0.48mg (24.11%), Folate: 94.38µg (23.59%), Vitamin A: 1094.49IU (21.89%), Manganese: 0.38mg (19.17%), Vitamin K: 19.23µg (18.32%), Fiber: 4.21g (16.85%), Vitamin D: 0.5µg (3.32%)