



Cheesesteak-Style Sandwiches

READY IN



25 min.

SERVINGS



5

CALORIES



804 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 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

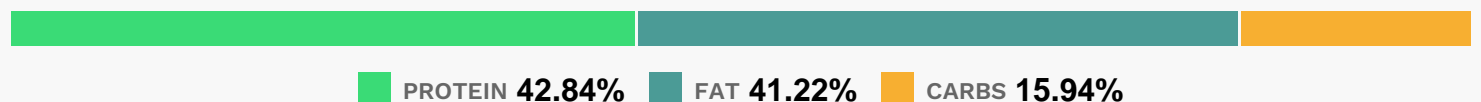
Equipment

- 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



Properties

Glycemic Index:34.8, Glycemic Load:5.37, Inflammation Score:-9, Nutrition Score:47.07130458044%

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: 804.03kcal (40.2%), Fat: 36.33g (55.89%), Saturated Fat: 13.02g (81.39%), Carbohydrates: 31.61g
(10.54%), Net Carbohydrates: 28.35g (10.31%), Sugar: 6.42g (7.13%), Cholesterol: 236.57mg (78.86%), Sodium:
754.5mg (32.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 84.94g (169.88%), Zinc: 19.59mg (130.62%),
Vitamin B12: 7.41µg (123.57%), Selenium: 86.42µg (123.45%), Vitamin B6: 2.04mg (102.19%), Vitamin B3: 19.19mg
(95.97%), Phosphorus: 906.79mg (90.68%), Vitamin C: 63.82mg (77.36%), Iron: 10.05mg (55.86%), Potassium:
1710.17mg (48.86%), Vitamin B2: 0.74mg (43.29%), Vitamin B5: 3.72mg (37.24%), Calcium: 337.22mg (33.72%),
Vitamin E: 4.54mg (30.23%), Magnesium: 117.29mg (29.32%), Vitamin B1: 0.39mg (25.85%), Copper: 0.46mg
(22.8%), Folate: 86.26µg (21.56%), Vitamin A: 999.29IU (19.99%), Manganese: 0.36mg (17.77%), Vitamin K: 16.57µg
(15.78%), Fiber: 3.26g (13.04%), Vitamin D: 0.5µg (3.32%)