



Cheesy Steak Sandwiches

READY IN



18 min.

SERVINGS



2

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz beef cube steaks
- 4 mushrooms fresh sliced
- 1 clove garlic minced
- 2 tsp a.1. original sauce
- 2 singles fat free kraft
- 2 tsp butter
- 0.3 cup onions sliced
- 0.5 cup pepper strips green
- 2 kaiser rolls whole wheat split

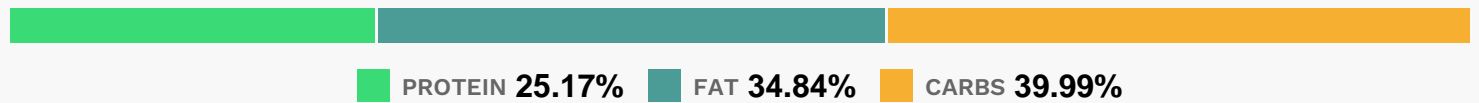
Equipment

frying pan

Directions

- Melt margarine in large nonstick skillet on medium heat.
- Add rolls, cut-sides down; cook 3 min. or until golden brown.
- Remove from skillet; set aside.
- Add vegetables and garlic to skillet; cook and stir on medium-high heat 3 min. or until crisp-tender.
- Remove from skillet; cover to keep warm.
- Add steaks to skillet; cook 30 sec. on each side or until done, brushing with steak sauce for the last 10 sec.
- Fill rolls with Singles, steaks and vegetables.

Nutrition Facts



Properties

Glycemic Index:86, Glycemic Load:24.05, Inflammation Score:-5, Nutrition Score:17.160000054733%

Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 402.81kcal (20.14%), Fat: 15.53g (23.89%), Saturated Fat: 4.51g (28.16%), Carbohydrates: 40.11g (13.37%), Net Carbohydrates: 37.53g (13.65%), Sugar: 8.38g (9.32%), Cholesterol: 61.4mg (20.46%), Sodium: 465.29mg (20.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.24g (50.49%), Iron: 12.44mg (69.14%), Vitamin C: 33.24mg (40.29%), Selenium: 25.07µg (35.82%), Vitamin B6: 0.7mg (34.96%), Vitamin B3: 6.83mg (34.14%), Zinc: 3.62mg (24.12%), Phosphorus: 233.14mg (23.31%), Vitamin B12: 1.07µg (17.78%), Vitamin B2: 0.28mg (16.36%), Potassium: 526.58mg (15.05%), Copper: 0.24mg (12.12%), Vitamin B5: 1.18mg (11.8%), Fiber: 2.59g (10.34%), Vitamin

B1: 0.14mg (9.39%), Magnesium: 29.22mg (7.3%), Manganese: 0.13mg (6.74%), Vitamin A: 328.27IU (6.57%), Folate: 25.04µg (6.26%), Calcium: 48.25mg (4.83%), Vitamin E: 0.59mg (3.94%), Vitamin K: 4.08µg (3.89%)