



Chicken Cheesesteaks

READY IN



20 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bread rolls split french
- ☐ 2 teaspoons butter
- ☐ 0.5 teaspoon cayenne
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 cup bell pepper green sliced
- ☐ 1 cup jack cheese shredded
- ☐ 1 cup mushrooms sliced
- ☐ 0.3 cup olive oil
- ☐ 1 cup onion sliced

- ☐ 4 romaine lettuce leaves
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon paprika smoked
- ☐ 1 lb boned sliced

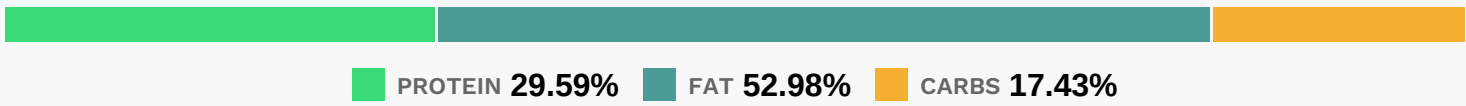
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Heat oil in a large frying pan over high heat.
- ☐ Add chicken, mushrooms, onion, bell pepper, and seasonings and cook until chicken is browned and no longer pink inside, 6 minutes.
- ☐ Spread 1/2 tsp. butter inside each roll and toast rolls, opened up, in oven on a baking sheet for about 4 minutes.
- ☐ Lay 1 lettuce leaf in each roll.
- ☐ Sprinkle cheese over lettuce, then divide chicken mixture among rolls.
- ☐ Serve with potato chips.

Nutrition Facts



Properties

Glycemic Index:64.17, Glycemic Load:8.35, Inflammation Score:-10, Nutrition Score:28.462608586187%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.56mg, Quercetin: 9.56mg, Quercetin: 9.56mg, Quercetin: 9.56mg

Nutrients (% of daily need)

Calories: 484.86kcal (24.24%), Fat: 28.64g (44.06%), Saturated Fat: 9.46g (59.11%), Carbohydrates: 21.21g (7.07%), Net Carbohydrates: 17.76g (6.46%), Sugar: 5.21g (5.78%), Cholesterol: 103.09mg (34.36%), Sodium: 747.14mg (32.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.99g (71.97%), Vitamin B3: 14.65mg (73.25%), Selenium: 51.14µg (73.06%), Vitamin A: 3118.88IU (62.38%), Vitamin B6: 1.1mg (54.88%), Phosphorus: 451.45mg (45.14%), Vitamin C: 36.15mg (43.82%), Vitamin K: 42.63µg (40.6%), Calcium: 276.45mg (27.65%), Manganese: 0.52mg (25.95%), Vitamin B2: 0.44mg (25.73%), Vitamin B5: 2.4mg (24.02%), Potassium: 767.01mg (21.91%), Folate: 87.54µg (21.89%), Vitamin B1: 0.27mg (18.3%), Vitamin E: 2.68mg (17.86%), Magnesium: 63.57mg (15.89%), Zinc: 2.13mg (14.22%), Fiber: 3.45g (13.8%), Iron: 2.41mg (13.36%), Copper: 0.22mg (10.8%), Vitamin B12: 0.48µg (7.92%), Vitamin D: 0.33µg (2.21%)