



Cubed Steak Hoagies

READY IN



45 min.

SERVINGS



8

CALORIES



676 kcal

Ingredients

- 2 tablespoons balsamic vinegar
- 1 teaspoon basil
- 10.5 ounce beef broth canned
- 1 teaspoon fennel seeds crushed
- 2 garlic clove minced
- 1 bell pepper green
- 1 spring onion finely chopped
- 1 tablespoon horseradish prepared
- 0.5 cup catsup
- 1 cup mayonnaise

- 2 tablespoons cooking oil
- 0.5 cup olive oil
- 1 onion
- 1 teaspoon paprika
- 0.5 cup parmesan
- 0.5 teaspoon pepper black
- 12 slices provolone cheese
- 1 bell pepper red
- 12 cube fat-trimmed beef flank steak
- 12 portugese rolls
- 3 tablespoons worcestershire sauce

Equipment

- grill
- meat tenderizer

Directions

- Mix together all the ingredients from the beef broth through the cracked black pepper to create a marinade. Using a meat tenderizer, pound the cubed steaks into 1/4-1/2 inch thickness. Separate the cubed steaks into two gallon-sized plastic storage bags. Cover the steaks with the marinade. Marinate the cubed steaks in the refrigerator for 30 minutes or longer. Slice the peppers and onion into 1/4 inch thick slices.
- Saute together with the oil until tender.
- Combine the mayonnasie and parmesan cheese to use as a spread. Grill the cubed steaks over medium-hot coals to desired doneness, about five minutes each side for medium.
- Brush with marinade during grilling.
- Serve on toasted hoagie rolls. Top with provolone slices, sauteed peppers and onions, and parmesan mayonnaise.

Nutrition Facts



■ PROTEIN 11.47% ■ FAT 53.34% ■ CARBS 35.19%

Properties

Glycemic Index:63.75, Glycemic Load:35.76, Inflammation Score:-7, Nutrition Score:16.761304202287%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 675.63kcal (33.78%), Fat: 40.13g (61.73%), Saturated Fat: 9.98g (62.36%), Carbohydrates: 59.57g (19.86%), Net Carbohydrates: 56.79g (20.65%), Sugar: 13.08g (14.53%), Cholesterol: 36.59mg (12.2%), Sodium: 1293.24mg (56.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.81%), Iron: 17.05mg (94.75%), Vitamin K: 56.51µg (53.82%), Vitamin C: 34.5mg (41.82%), Calcium: 327.12mg (32.71%), Phosphorus: 221.42mg (22.14%), Vitamin A: 1060.95IU (21.22%), Vitamin E: 2.6mg (17.33%), Vitamin B2: 0.19mg (11.14%), Fiber: 2.78g (11.11%), Selenium: 7.22µg (10.31%), Vitamin B12: 0.58µg (9.59%), Zinc: 1.38mg (9.23%), Vitamin B6: 0.17mg (8.69%), Potassium: 273.34mg (7.81%), Manganese: 0.14mg (6.81%), Magnesium: 22.6mg (5.65%), Folate: 20.48µg (5.12%), Vitamin B3: 0.98mg (4.9%), Copper: 0.07mg (3.54%), Vitamin B5: 0.32mg (3.21%), Vitamin B1: 0.05mg (3.07%), Vitamin D: 0.23µg (1.54%)