



Easy Philly Cheesesteaks

READY IN



80 min.

SERVINGS



2

CALORIES



898 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium bell pepper cored seeded thinly sliced
- 2 servings pepper black freshly ground
- 2 servings kosher salt
- 4 ounces provolone cheese thinly sliced
- 12 ounce beef rib steak boneless chilled for 45 minutes
- 2 portugese rolls split toasted
- 2 tablespoons vegetable oil
- 8 ounces mushrooms white trimmed thinly sliced
- 0.5 medium onion yellow thinly sliced

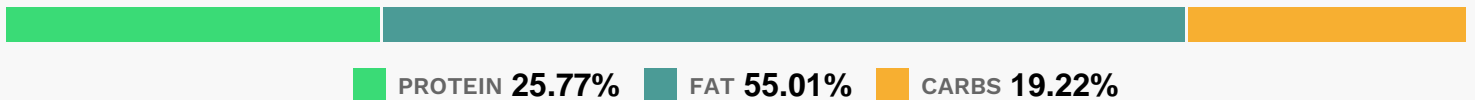
Equipment

- frying pan
- spatula

Directions

- Trim off any excess fat from the steak and cut it against the grain into very thin slices; set aside.
- Heat the oil in a large frying pan over medium-high heat until shimmering.
- Add the bell pepper, if using, and the onion. Season with salt and pepper and cook, stirring occasionally, until softened and starting to brown, about 5 minutes. If you're using the mushrooms, push the peppers and onions to one side, add the mushrooms to the pan, and cook, stirring rarely, until browned, about 7 to 10 minutes. Stir to combine with the peppers and onions. Push all of the vegetables to one side of the pan, add the sliced steak in a single layer, and season with salt and pepper. Cook, stirring occasionally, until the meat is no longer pink, about 3 minutes. Reduce the heat to low. Divide the steak into 2 piles roughly the size of the hoagie rolls.
- Place half of the vegetables on top of each steak portion.
- Lay half of the cheese over each portion of steak and vegetables. Cover the pan with a tightfitting lid and let cook undisturbed until the cheese has melted, about 3 to 4 minutes. Using a flat spatula, scoop each pile into a roll and serve immediately.

Nutrition Facts



Properties

Glycemic Index:111.5, Glycemic Load:25.44, Inflammation Score:-9, Nutrition Score:41.350869386092%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 897.95kcal (44.9%), Fat: 55.53g (85.43%), Saturated Fat: 22.57g (141.08%), Carbohydrates: 43.65g (14.55%), Net Carbohydrates: 39.71g (14.44%), Sugar: 10.56g (11.73%), Cholesterol: 142.88mg (47.63%), Sodium: 996.13mg (43.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.54g (117.08%), Vitamin C: 80.58mg (97.67%), Selenium: 60.47µg (86.39%), Iron: 14.77mg (82.03%), Zinc: 11.34mg (75.63%), Vitamin B3: 13.13mg (65.63%), Vitamin B2: 1.1mg (64.86%), Phosphorus: 647.29mg (64.73%), Vitamin B12: 3.7µg (61.61%), Vitamin B6: 1.04mg (52.22%), Vitamin A: 2388.51IU (47.77%), Calcium: 461.4mg (46.14%), Vitamin K: 32µg (30.47%), Potassium: 1061.78mg (30.34%), Copper: 0.53mg (26.52%), Vitamin B5: 2.19mg (21.91%), Vitamin B1: 0.3mg (19.81%), Magnesium: 71.87mg (17.97%), Fiber: 3.94g (15.77%), Folate: 62.66µg (15.67%), Vitamin E: 2.2mg (14.67%), Manganese: 0.17mg (8.72%), Vitamin D: 0.68µg (4.54%)