



Griddle Style Philly Steak Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce mushrooms drained sliced canned
- ☐ 1 bell pepper green seeded sliced into strips
- ☐ 1 small onion sliced
- ☐ 8 slices provolone cheese
- ☐ 1 pound pan drippings from roast beef preferably thinly sliced
- ☐ 4 servings salt to taste
- ☐ 4 servings lawry's seasoned salt to taste
- ☐ 4 submarine rolls halved

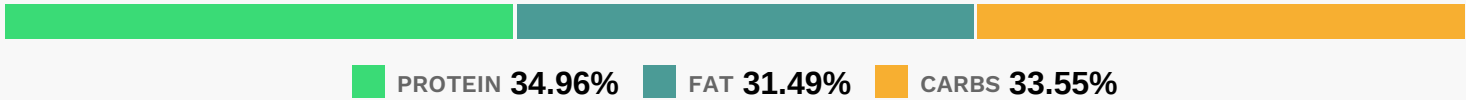
Equipment

- ☐ frying pan
- ☐ stove

Directions

- ☐ Preheat an electric griddle or stovetop griddle over medium-high heat. On one half of the griddle, place the mushrooms, onion and pepper. On the other side, place the roast beef. Cook and stir each group separately, chopping the beef into smaller pieces as it cooks, and seasoning with salt and seasoned salt.
- ☐ When the vegetables are tender and the beef is hot, place the slices of provolone cheese over the beef to melt. Turn off the griddle. Scoop the cheesy grilled beef into sandwich rolls, and top with the onions and peppers.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:23.63, Inflammation Score:-6, Nutrition Score:24.968260759893%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 469.82kcal (23.49%), Fat: 16.51g (25.4%), Saturated Fat: 7.9g (49.41%), Carbohydrates: 39.57g (13.19%), Net Carbohydrates: 36.34g (13.22%), Sugar: 7.33g (8.14%), Cholesterol: 90.86mg (30.29%), Sodium: 2905.56mg (126.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.24g (82.48%), Vitamin C: 76.24mg (92.42%), Iron: 13.82mg (76.77%), Calcium: 624.66mg (62.47%), Vitamin B3: 9.55mg (47.76%), Phosphorus: 455.78mg (45.58%), Vitamin B12: 2.48µg (41.38%), Zinc: 5.8mg (38.66%), Vitamin B6: 0.6mg (30.18%), Selenium: 15.52µg (22.17%), Vitamin B2: 0.29mg (16.85%), Potassium: 520.79mg (14.88%), Fiber: 3.23g (12.92%), Copper: 0.25mg (12.46%), Magnesium: 47.69mg (11.92%), Vitamin B5: 1.03mg (10.32%), Vitamin A: 444.83IU (8.9%), Vitamin B1: 0.13mg (8.76%), Folate: 27.22µg (6.81%), Manganese: 0.13mg (6.7%), Vitamin K: 3.11µg (2.96%), Vitamin D: 0.3µg (2.02%), Vitamin E: 0.21mg (1.38%)