



Grilled Blue Cheesesteak

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cheese blue crumbled
- ☐ 1 tablespoon salad dressing
- ☐ 1 teaspoon worcestershire sauce
- ☐ 2 cloves garlic minced
- ☐ 1.5 lb beef top sirloin steaks boneless thick

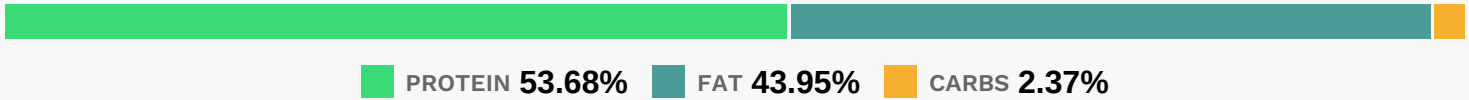
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix cheese, mayonnaise, Worcestershire sauce and garlic until blended; set aside.
- ☐ Place steak on grill. Cover grill; cook over medium-high heat 15 to 20 minutes, turning once, until desired doneness.
- ☐ Remove steak from grill.
- ☐ Spoon cheese mixture over steak; let stand 1 to 2 minutes or until cheese is slightly melted.
- ☐ Cut steak into pieces to serve.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:13.983913121664%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 231.3kcal (11.57%), Fat: 10.97g (16.88%), Saturated Fat: 5.76g (36%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.47g (0.53%), Cholesterol: 83.78mg (27.93%), Sodium: 358.59mg (15.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.14g (60.28%), Selenium: 38.38µg (54.83%), Vitamin B6: 0.76mg (38.17%), Vitamin B3: 7.58mg (37.91%), Zinc: 5.15mg (34.33%), Phosphorus: 328.83mg (32.88%), Vitamin B12: 1.34µg (22.34%), Calcium: 146.93mg (14.69%), Potassium: 476.4mg (13.61%), Vitamin B2: 0.22mg (13.2%), Vitamin B5: 1.14mg (11.37%), Iron: 1.97mg (10.95%), Magnesium: 31.75mg (7.94%), Vitamin B1: 0.09mg (6.32%), Folate: 22.95µg (5.74%), Copper: 0.1mg (5.09%), Vitamin A: 173.4IU (3.47%), Vitamin K: 3.12µg (2.97%), Vitamin E: 0.43mg (2.84%), Manganese: 0.03mg (1.6%)