



## Grilled Philly Cheesesteak Kabob Sandwiches

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 lb beef top sirloin steaks boneless cut into 1-inch cubes
- 0.5 teaspoon lawry's seasoned salt
- 0.3 teaspoon pepper
- 1 medium bell pepper green cut into 12 pieces
- 1 medium bell pepper red cut into 12 pieces
- 1 medium onion cut into 1-inch pieces
- 2 tablespoons olive oil
- 6 portugese rolls split

- 0.3 cup dijon mustard
- 4.5 oz processed cheese food halved

## Equipment

- grill
- skewers
- metal skewers

## Directions

- Heat gas or charcoal grill.
- Sprinkle beef with seasoned salt and pepper. Alternately thread beef, bell peppers and onion onto 6 (12- to 14-inch) metal skewers.
- Brush beef and vegetables with oil.
- Place kabobs on grill. Cover grill; cook over medium heat 8 to 12 minutes, turning once, until beef is desired doneness.
- During last 3 to 5 minutes of cooking time, place buns, cut sides down, on grill; cook until toasted.
- To serve, spread buns with mustard-mayonnaise spread. Top bottom halves with cheese.
- Place kabob over cheese in each bun; carefully remove skewer, holding bun firmly around beef and vegetables.

## Nutrition Facts



## Properties

Glycemic Index:38.83, Glycemic Load:23.9, Inflammation Score:-7, Nutrition Score:22.547826295314%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg 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: 460.39kcal (23.02%), Fat: 18.11g (27.86%), Saturated Fat: 6.02g (37.65%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 35.14g (12.78%), Sugar: 7.05g (7.83%), Cholesterol: 88.17mg (29.39%), Sodium: 1021.46mg (44.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.52g (71.05%), Iron: 13mg (72.23%), Selenium: 42.87µg (61.24%), Vitamin C: 42.73mg (51.79%), Vitamin B6: 0.86mg (42.76%), Phosphorus: 401.34mg (40.13%), Vitamin B3: 7.72mg (38.61%), Zinc: 5.24mg (34.93%), Calcium: 268.19mg (26.82%), Vitamin B12: 1.38µg (23.08%), Vitamin A: 903.48IU (18.07%), Potassium: 552.98mg (15.8%), Vitamin B2: 0.22mg (12.95%), Magnesium: 42.93mg (10.73%), Vitamin E: 1.59mg (10.58%), Fiber: 2.6g (10.39%), Vitamin B5: 0.96mg (9.65%), Vitamin B1: 0.14mg (9.23%), Folate: 31.77µg (7.94%), Manganese: 0.15mg (7.28%), Vitamin K: 7.41µg (7.06%), Copper: 0.13mg (6.48%)