



Italian Beef Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound top round beef roast
- ☐ 1 tablespoon vegetable oil
- ☐ 1 medium bell pepper green cut into 1/4-inch strips
- ☐ 1 medium onion thinly sliced
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 1 tablespoon oregano dried fresh chopped
- ☐ 10.5 ounces beef broth canned
- ☐ 1.5 teaspoons worcestershire sauce

☐ 4 crusty rolls split toasted

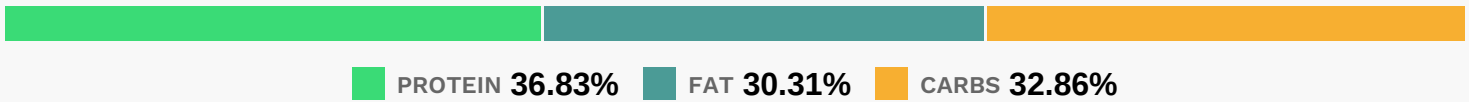
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cut beef into 1/4-inch slices; cut slices crosswise in half.
- ☐ Heat oil in 12-inch skillet over medium-high heat.
- ☐ Add bell pepper, onion, basil and oregano; stir-fry 3 to 4 minutes or until vegetables are lightly browned and tender.
- ☐ Reduce heat to medium-low.
- ☐ Add beef, broth and Worcestershire sauce to skillet. Cook 5 minutes, stirring occasionally.
- ☐ Remove beef mixture with slotted spoon; divide beef mixture among rolls.
- ☐ Serve sandwiches with broth for dipping.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:23.213043596434%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 337.46kcal (16.87%), Fat: 11.21g (17.25%), Saturated Fat: 3.01g (18.82%), Carbohydrates: 27.34g (9.11%), Net Carbohydrates: 24.08g (8.76%), Sugar: 2.31g (2.56%), Cholesterol: 70.31mg (23.44%), Sodium: 619.47mg (26.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.64g (61.29%), Selenium: 44.16µg (63.09%), Vitamin B3: 10.41mg (52.05%), Vitamin B6: 0.89mg (44.54%), Vitamin B12: 2.15µg (35.83%), Zinc: 5.3mg (35.32%), Vitamin K: 35.64µg (33.94%), Vitamin C: 26.28mg (31.86%), Phosphorus: 309.47mg (30.95%), Iron: 5.26mg (29.25%),

Manganese: 0.5mg (24.79%), Vitamin B1: 0.37mg (24.4%), Vitamin B2: 0.36mg (21.37%), Folate: 79.26µg (19.82%), Potassium: 628.16mg (17.95%), Magnesium: 53.81mg (13.45%), Fiber: 3.26g (13.03%), Calcium: 119.21mg (11.92%), Copper: 0.23mg (11.65%), Vitamin E: 1.2mg (8%), Vitamin B5: 0.79mg (7.87%), Vitamin A: 141.1IU (2.82%)