



Italian Beef Subs

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups bell pepper strips green
- ☐ 2 teaspoons bottled garlic minced
- ☐ 0.5 cup bottled giardiniera drained (such as Cento)
- ☐ 14.3 ounce low-salt beef broth canned
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 1 pound deli roast beef thinly sliced
- ☐ 12 ounce submarine rolls toasted

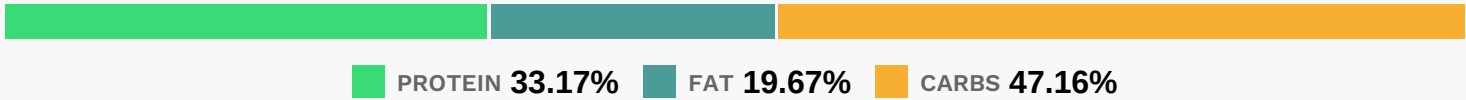
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large nonstick skillet over medium heat.
- ☐ Add bell pepper and garlic; saut for 2 minutes. Stir in oregano and broth. Bring to a boil; reduce heat, and simmer for 10 minutes.
- ☐ Remove bell pepper mixture from pan.
- ☐ Add beef to pan, and cook for 45 seconds. Divide beef evenly among the bottom halves of rolls; top each roll half with 1/4 cup bell pepper mixture, and 2 tablespoons giardiniera; cover with roll tops.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:28.61, Inflammation Score:-8, Nutrition Score:22.007826038029%

Flavonoids

Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 407.47kcal (20.37%), Fat: 8.96g (13.78%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 48.31g (16.1%), Net Carbohydrates: 45.23g (16.45%), Sugar: 7.08g (7.86%), Cholesterol: 64.64mg (21.55%), Sodium: 2248.31mg (97.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.98g (67.96%), Vitamin C: 98.22mg (119.06%), Iron: 15.74mg (87.47%), Vitamin B3: 8.96mg (44.78%), Calcium: 348.02mg (34.8%), Vitamin B6: 0.66mg (33.11%), Vitamin B12: 1.93µg (32.13%), Zinc: 4.31mg (28.73%), Phosphorus: 244.65mg (24.47%), Potassium: 756.36mg (21.61%), Fiber: 3.08g (12.33%), Selenium: 8.18µg (11.69%), Manganese: 0.22mg (11.21%), Magnesium: 44.09mg (11.02%), Vitamin B2: 0.17mg (10.03%), Copper: 0.19mg (9.69%), Vitamin K: 8.52µg (8.11%), Vitamin B1: 0.1mg (6.41%), Folate: 20.42µg (5.1%), Vitamin B5: 0.47mg (4.75%), Vitamin E: 0.66mg (4.43%), Vitamin A: 215.47IU (4.31%)