



## Italian Cheese Steak Sandwiches

READY IN



15 min.

SERVINGS



4

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound beef chuck steaks boneless cut into thin strips
- 4 hero rolls whole-wheat
- 24 ounce sauce traditional ragu® old world style®
- 1 tablespoon olive oil
- 1 cup part-skim mozzarella cheese shredded

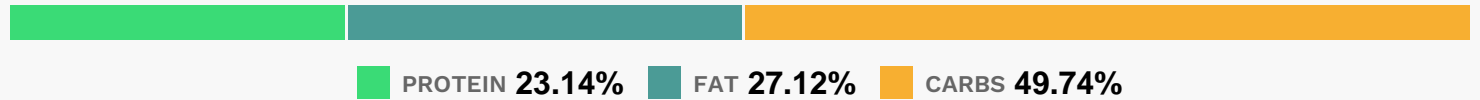
### Equipment

- frying pan

## Directions

- Heat oil in large nonstick skillet over medium-high heat.
- Add steak and cook (in batches if necessary), until browned.
- Stir in Sauce and pepper flakes. Cook, stirring frequently, until heated through.
- Arrange steak and sauce mixture in rolls. Evenly top with cheese; serve.

## Nutrition Facts



## Properties

Glycemic Index:18.25, Glycemic Load:22.96, Inflammation Score:-1, Nutrition Score:18.726521629354%

## Nutrients (% of daily need)

Calories: 664.26kcal (33.21%), Fat: 19.73g (30.35%), Saturated Fat: 7.4g (46.27%), Carbohydrates: 81.43g (27.14%), Net Carbohydrates: 80.37g (29.22%), Sugar: 43.94g (48.82%), Cholesterol: 92.76mg (30.92%), Sodium: 2586.45mg (112.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.88g (75.77%), Iron: 13.31mg (73.92%), Zinc: 10.31mg (68.73%), Vitamin B12: 3.74µg (62.42%), Selenium: 30µg (42.86%), Phosphorus: 357.57mg (35.76%), Vitamin B3: 5.48mg (27.38%), Calcium: 242.39mg (24.24%), Vitamin B6: 0.41mg (20.6%), Vitamin B2: 0.27mg (16.13%), Potassium: 444.26mg (12.69%), Vitamin B5: 0.84mg (8.39%), Magnesium: 31.39mg (7.85%), Vitamin B1: 0.08mg (5.63%), Vitamin E: 0.74mg (4.91%), Copper: 0.09mg (4.55%), Fiber: 1.07g (4.26%), Vitamin K: 4.26µg (4.05%), Vitamin A: 141.48IU (2.83%), Folate: 5.92µg (1.48%), Vitamin D: 0.2µg (1.32%)