



HEALTH SCORE

90%

Italian Patty-Melt Hoagie



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



1028 kcal

Ingredients

- ☐ 1 clove garlic minced
- ☐ 0.8 pound ground round lean
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 cups mushrooms sliced
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion sliced
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1.3 cups frying pepper italian sliced

- ☐ 3 oz provolone cheese
- ☐ 12 inch hoagie rolls
- ☐ 0.7 cup tomato sauce warmed for serving

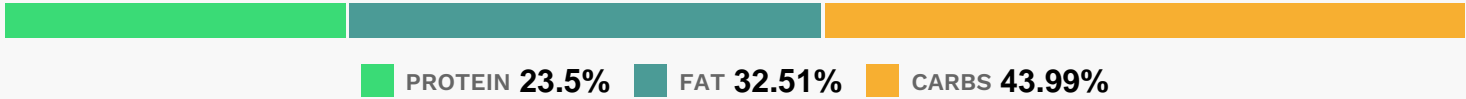
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 325F.
- ☐ Heat oil in a large ovenproof skillet over medium heat.
- ☐ Add onion, frying pepper, mushrooms, garlic, 1/4 tsp. salt, oregano and 1/4 tsp. ground pepper. Cook, stirring often, until vegetables are tender and golden, about 10 minutes. Keep warm in oven.
- ☐ While vegetables are cooking, split rolls and hollow out slightly.
- ☐ Place on a baking sheet with hollowed sides up and arrange 1 slice of cheese on each roll half. Crumble beef into a bowl and mix in remaining 1/4 tsp. salt and 1/4 tsp. pepper. Divide meat in half and then form into 2 oval patties, shaping meat to match shape and size of rolls.
- ☐ Place rolls in oven to warm.
- ☐ Place a large heavy skillet over medium heat.
- ☐ Add beef patties to skillet and cook for 3 minutes; flip, place remaining cheese on top, cover pan, and cook until medium done, about 3 minutes.
- ☐ Place roll bottoms on plates. Top each with some tomato sauce, a patty and some vegetable mixture. Cover with roll tops and serve.

Nutrition Facts



Properties

Glycemic Index:151.5, Glycemic Load:29.07, Inflammation Score:-10, Nutrition Score:65.703913149626%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 32.51mg, Quercetin: 32.51mg, Quercetin: 32.51mg, Quercetin: 32.51mg

Nutrients (% of daily need)

Calories: 1028.38kcal (51.42%), Fat: 41.39g (63.68%), Saturated Fat: 17.36g (108.52%), Carbohydrates: 126.02g (42.01%), Net Carbohydrates: 83.11g (30.22%), Sugar: 13.74g (15.27%), Cholesterol: 139.9mg (46.63%), Sodium: 1494.07mg (64.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.33g (134.65%), Manganese: 19.33mg (966.65%), Vitamin K: 255.45µg (243.28%), Fiber: 42.91g (171.66%), Copper: 2.58mg (128.83%), Iron: 22.58mg (125.43%), Calcium: 1062.78mg (106.28%), Potassium: 3370.43mg (96.3%), Phosphorus: 912.36mg (91.24%), Magnesium: 338.26mg (84.57%), Zinc: 12.27mg (81.8%), Selenium: 52.13µg (74.47%), Vitamin B3: 14.88mg (74.42%), Vitamin B6: 1.49mg (74.31%), Vitamin B12: 4.42µg (73.64%), Vitamin B2: 1.16mg (67.97%), Vitamin B5: 5.19mg (51.9%), Vitamin A: 1551.24IU (31.02%), Vitamin E: 4.5mg (30.02%), Vitamin B1: 0.41mg (27.64%), Vitamin C: 20.05mg (24.31%), Folate: 94.98µg (23.75%), Vitamin D: 0.57µg (3.83%)