



Italian Steak Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 medium onion thinly sliced
- 24 oz beef steaks
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 cup basil pesto
- 4 portugese rolls split toasted (in oven if desired)
- 3 oz mozzarella cheese
- 1 medium tomatoes thinly sliced

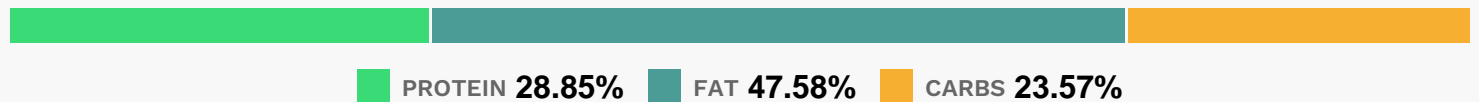
Equipment

- frying pan

Directions

- In 12-inch nonstick skillet, melt butter over medium-high heat. Cook onion in butter 3 to 4 minutes, stirring frequently, until tender; push to side of skillet.
- Add beef steaks to skillet; sprinkle with salt and pepper. Cook 5 to 8 minutes, turning once, for medium doneness (160°F).
- Spread pesto on cut sides of buns.
- Layer steaks, cheese, onion and tomato in buns.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:23.98, Inflammation Score:-6, Nutrition Score:23.550869436368%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 657.11kcal (32.86%), Fat: 34.19g (52.6%), Saturated Fat: 11.71g (73.21%), Carbohydrates: 38.1g (12.7%), Net Carbohydrates: 35.92g (13.06%), Sugar: 7.02g (7.8%), Cholesterol: 140.51mg (46.84%), Sodium: 999.17mg (43.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.65g (93.29%), Iron: 13.76mg (76.45%), Selenium: 45.77µg (65.39%), Vitamin B6: 1.11mg (55.61%), Vitamin B3: 10.57mg (52.83%), Zinc: 7.27mg (48.47%), Phosphorus: 433.52mg (43.35%), Vitamin B12: 2.58µg (43.01%), Potassium: 702.2mg (20.06%), Calcium: 189.02mg (18.9%), Vitamin A: 838.79IU (16.78%), Vitamin B2: 0.26mg (15.42%), Magnesium: 48.13mg (12.03%), Vitamin B1: 0.17mg (11.58%), Vitamin B5: 1.09mg (10.93%), Copper: 0.18mg (9.22%), Fiber: 2.18g (8.72%), Vitamin C: 6.25mg (7.58%), Folate: 30.09µg (7.52%), Vitamin E: 0.92mg (6.11%), Manganese: 0.12mg (5.79%), Vitamin K: 5.61µg (5.35%)