



## Jeremy's Philly Steak and Cheese Sandwich

 Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



1787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 ounces beef sirloin thinly sliced
- 1 teaspoon butter
- 0.8 cup cream cheese softened
- 1 baguette french cut in half lengthwise
- 8 mushrooms fresh sliced
- 1 clove garlic minced
- 0.5 onion red sliced
- 1 serving salt and pepper to taste

- 0.5 cup swiss cheese shredded
- 0.5 onion white sliced
- 1 teaspoon worcestershire sauce

## Equipment

- frying pan
- oven
- broiler

## Directions

- Melt butter in a large skillet over medium-high heat.
- Saute the white and red onions, mushrooms, and garlic until tender.
- Remove from the pan, and set aside.
- Place the sliced beef in the pan, and fry until no longer pink, about 5 minutes. Reduce heat to low, and stir in the cream cheese and Worcestershire sauce, cooking and stirring until the beef is well coated. Season with salt and pepper to taste.
- Meanwhile, preheat your oven's broiler.
- Place beef mixture onto bottom half of the baguette, then cover the beef with the onion mixture.
- Place Swiss cheese over the onion mixture.
- Place open sandwich under a hot broiler until the cheese is melted.
- Place top of baguette onto the toppings, and serve.

## Nutrition Facts



**PROTEIN 20.44%** **FAT 46.5%** **CARBS 33.06%**

## Properties

Glycemic Index:291.75, Glycemic Load:88.97, Inflammation Score:-10, Nutrition Score:62.452174103778%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 22.38mg, Quercetin: 22.38mg, Quercetin: 22.38mg

## Nutrients (% of daily need)

Calories: 1787.25kcal (89.36%), Fat: 92.55g (142.39%), Saturated Fat: 50.23g (313.93%), Carbohydrates: 148.06g (49.35%), Net Carbohydrates: 139.28g (50.65%), Sugar: 26.59g (29.55%), Cholesterol: 326.48mg (108.83%), Sodium: 2594.99mg (112.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 91.53g (183.06%), Selenium: 138.82µg (198.31%), Vitamin B3: 28.32mg (141.61%), Vitamin B2: 2.27mg (133.81%), Phosphorus: 1253.81mg (125.38%), Vitamin B1: 1.84mg (122.7%), Calcium: 985.53mg (98.55%), Vitamin B6: 1.8mg (89.85%), Folate: 356.91µg (89.23%), Zinc: 13.28mg (88.54%), Iron: 13.31mg (73.96%), Manganese: 1.47mg (73.57%), Vitamin B12: 4.2µg (70.07%), Vitamin B5: 5.77mg (57.69%), Vitamin A: 2866.82IU (57.34%), Copper: 1.1mg (54.82%), Potassium: 1876.97mg (53.63%), Magnesium: 164.3mg (41.07%), Fiber: 8.78g (35.13%), Vitamin E: 3.13mg (20.89%), Vitamin C: 13.22mg (16.02%), Vitamin K: 14.6µg (13.91%), Vitamin D: 0.32µg (2.13%)