



Muffuletta-Style Steak Hoagies

READY IN



515 min.

SERVINGS



4

CALORIES



545 kcal

Ingredients

- ☐ 0.5 cup salad dressing italian
- ☐ 0.3 teaspoon pepper black
- ☐ 1 lb round steak boneless
- ☐ 4 portugese rolls split (6 inches long)
- ☐ 1 medium tomatoes thinly sliced
- ☐ 3 oz provolone cheese
- ☐ 0.5 cup olive green pitted coarsely chopped
- ☐ 0.5 cup olives pitted ripe coarsely chopped
- ☐ 0.5 cup roasted peppers chopped
- ☐ 0.3 cup parsley fresh finely chopped

☐ 1 tablespoon salad dressing italian

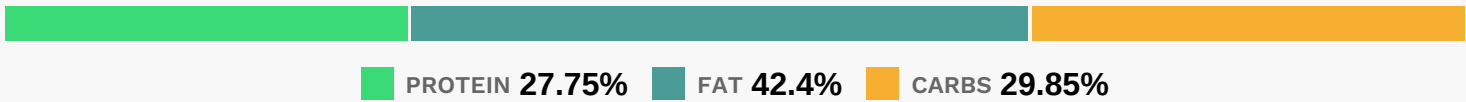
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill

Directions

- ☐ In shallow baking dish, mix 1/2 cup dressing and the pepper.
- ☐ Add beef; turn to coat. Cover; refrigerate at least 8 hours but not more than 24 hours.
- ☐ Heat gas or charcoal grill. In medium bowl, mix all olive salad ingredients.
- ☐ Remove beef from marinade; discard marinade.
- ☐ Place beef on grill over medium heat. Cover grill; cook 10 to 12 minutes, turning once or twice, until desired doneness.
- ☐ Cut beef into thin slices. Fill buns with olive salad, tomato, warm beef and cheese.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:23.45, Inflammation Score:-7, Nutrition Score:25.79391305343%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 544.81kcal (27.24%), Fat: 25.53g (39.27%), Saturated Fat: 7.17g (44.81%), Carbohydrates: 40.44g (13.48%), Net Carbohydrates: 37.53g (13.65%), Sugar: 9.02g (10.03%), Cholesterol: 86.11mg (28.7%), Sodium: 1607.92mg (69.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.59g (75.17%), Vitamin K: 84.84µg (80.8%), Iron: 13.88mg (77.13%), Selenium: 36.54µg (52.2%), Vitamin B6: 0.86mg (43.09%), Vitamin B3: 8.31mg (41.56%), Vitamin

B12: 2.45µg (40.89%), Zinc: 5.71mg (38.09%), Phosphorus: 376.74mg (37.67%), Calcium: 227.61mg (22.76%), Vitamin C: 17.47mg (21.17%), Vitamin A: 995.31IU (19.91%), Vitamin E: 2.59mg (17.27%), Potassium: 591.16mg (16.89%), Vitamin B2: 0.27mg (15.91%), Magnesium: 47.06mg (11.76%), Fiber: 2.91g (11.65%), Copper: 0.21mg (10.75%), Vitamin B1: 0.14mg (9.64%), Vitamin B5: 0.93mg (9.25%), Folate: 31.01µg (7.75%), Manganese: 0.11mg (5.66%), Vitamin D: 0.22µg (1.46%)