



Mushroom and Sweet Onion Cheesesteaks

READY IN



30 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bell pepper strips green
- 0.5 cup bell pepper strips red
- 0.3 teaspoon pepper black
- 1 teaspoon bottled garlic minced
- 8 ounce ciabatta rolls
- 4 ounces cheddar cheese shredded reduced-fat
- 0.3 cup madeira wine
- 8 ounce pre mushrooms
- 2 teaspoons olive oil divided

- 0.3 teaspoon salt
- 12 ounces top round steak cut into thin strips
- 1.5 cups thinly vidalia sweet vertically sliced
- 1 teaspoon worcestershire sauce

Equipment

- frying pan

Directions

- Heat a large nonstick skillet over medium-high heat.
- Add 1 teaspoon oil to pan; swirl to coat.
- Add steak to pan; cook 2 minutes or until browned, turning occasionally.
- Remove steak from pan.
- Add remaining 1 teaspoon oil to pan; swirl to coat.
- Add onion and garlic to pan; saut 1 minute, stirring occasionally.
- Add mushrooms; saut 6 minutes. Stir in wine; cook until liquid evaporates (about 1 minute).
- Add bell peppers; saut 4 minutes. Return steak to pan. Stir in Worcestershire, salt, and black pepper; cook 1 minute or until thoroughly heated.
- Remove from heat.
- Sprinkle mixture with cheese; stir until cheese melts. Divide mixture evenly among rolls.
- Combine 1 thinly sliced English cucumber, 1/4 cup sliced red onion, 1 tablespoon sugar, 1 tablespoon cider vinegar, and 1/4 teaspoon salt.

Nutrition Facts



PROTEIN **38.8%** FAT **19.44%** CARBS **41.76%**

Properties

Glycemic Index:37.75, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:20.633043473182%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg

Nutrients (% of daily need)

Calories: 362.15kcal (18.11%), Fat: 7.59g (11.67%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 36.67g (12.22%), Net Carbohydrates: 34.17g (12.43%), Sugar: 5.82g (6.47%), Cholesterol: 57.83mg (19.28%), Sodium: 680.56mg (29.59%), Alcohol: 1.54g (100%), Alcohol %: 0.57% (100%), Protein: 34.07g (68.15%), Selenium: 37.04µg (52.91%), Vitamin C: 43.47mg (52.69%), Vitamin B6: 0.85mg (42.32%), Vitamin B3: 8.3mg (41.5%), Phosphorus: 406.96mg (40.7%), Zinc: 4.88mg (32.56%), Vitamin B2: 0.45mg (26.73%), Vitamin B12: 1.31µg (21.83%), Potassium: 688.91mg (19.68%), Copper: 0.34mg (16.77%), Vitamin B5: 1.63mg (16.3%), Calcium: 159.11mg (15.91%), Vitamin A: 713.33IU (14.27%), Iron: 2.54mg (14.13%), Folate: 49.22µg (12.31%), Vitamin B1: 0.18mg (11.99%), Magnesium: 42.62mg (10.66%), Fiber: 2.5g (9.99%), Manganese: 0.18mg (9.21%), Vitamin E: 0.94mg (6.24%), Vitamin K: 5.17µg (4.92%)