



Open-Faced Philly Sandwiches

READY IN



44 min.

SERVINGS



2

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1.5 cups mushrooms fresh sliced
- ☐ 1 garlic clove pressed
- ☐ 1 bell pepper green cut into thin strips
- ☐ 2 tablespoons dressing italian
- ☐ 1 large onion thinly sliced
- ☐ 1.5 ounce provolone cheese
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 16 inch submarine rolls

☐ 0.5 pound top round steak boneless

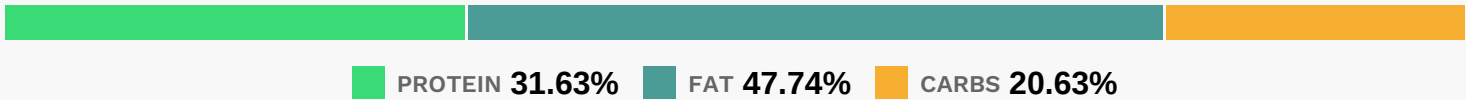
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Make a 1 1/2- to 2-inch deep vertical cut around outside edge of each roll, leaving a 1/2-inch border.
- ☐ Remove tops of rolls, and discard. Hollow out about 1 1/2 inches of each bread roll, forming a boat. Set boats aside.
- ☐ Cut steak diagonally across grain into 1/8-inch-thick strips; place in a small shallow bowl.
- ☐ Add dressing and crushed red pepper, tossing to coat; set aside.
- ☐ Melt butter in a nonstick skillet over medium-high heat; add onion and mushrooms, and saut 15 minutes or until onions are golden brown.
- ☐ Add bell pepper, and saut 8 to 10 minutes or until bell pepper is tender.
- ☐ Add garlic, and saut 1 minute.
- ☐ Remove mixture from skillet, and set aside.
- ☐ Stir-fry steak mixture in skillet over medium-high heat 2 to 3 minutes or until steak strips are no longer pink.
- ☐ Fill bread boats evenly with layers of steak mixture and onion mixture; top with cheese.
- ☐ Broil 5 1/2 inches from heat 3 minutes or until cheese is lightly browned.

Nutrition Facts



Properties

Glycemic Index:124.5, Glycemic Load:9.08, Inflammation Score:-8, Nutrition Score:27.704347895539%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.57mg, Quercetin: 16.57mg, Quercetin: 16.57mg, Quercetin: 16.57mg

Nutrients (% of daily need)

Calories: 465.15kcal (23.26%), Fat: 24.88g (38.28%), Saturated Fat: 12.66g (79.14%), Carbohydrates: 24.2g (8.07%), Net Carbohydrates: 20.77g (7.55%), Sugar: 8.95g (9.94%), Cholesterol: 113.94mg (37.98%), Sodium: 552.65mg (24.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.08g (74.17%), Vitamin C: 55.43mg (67.18%), Selenium: 47.01µg (67.16%), Vitamin B6: 1.12mg (55.84%), Vitamin B3: 10.87mg (54.35%), Phosphorus: 463.55mg (46.35%), Zinc: 6.5mg (43.33%), Iron: 6.22mg (34.56%), Vitamin B2: 0.57mg (33.53%), Vitamin B12: 1.89µg (31.57%), Potassium: 920.91mg (26.31%), Calcium: 221.6mg (22.16%), Copper: 0.43mg (21.7%), Vitamin B5: 2.13mg (21.27%), Vitamin A: 837.92IU (16.76%), Vitamin B1: 0.25mg (16.38%), Vitamin K: 15.64µg (14.9%), Magnesium: 55.96mg (13.99%), Fiber: 3.43g (13.72%), Manganese: 0.25mg (12.74%), Folate: 50.98µg (12.74%), Vitamin E: 1.35mg (8.99%), Vitamin D: 0.25µg (1.67%)