



## Open-Faced Saucy Philly Cheesesteak Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1.5 cups bell pepper strips red
- ☐ 1.5 cups bell pepper strips yellow
- ☐ 8 ounce bread toasted
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 4 servings cheese sauce
- ☐ 1 teaspoon olive oil

- ☐ 1.5 cups onion vertically sliced
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.8 pound deli roast beef thinly sliced
- ☐ 1 teaspoon sugar

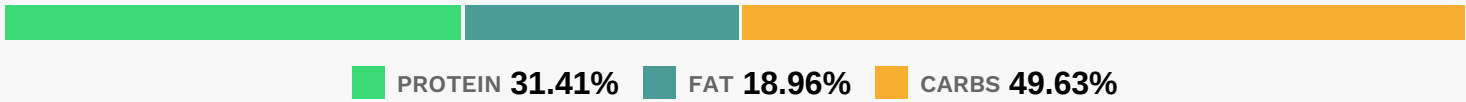
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

## Directions

- ☐ Prepare Cheese Sauce; keep warm.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add bell peppers and onion; saut 8 minutes or until tender. Stir in vinegar, sugar, oregano, and garlic powder.
- ☐ Preheat broiler.
- ☐ Place the toast slices on a baking sheet. Top each toast slice with 3 ounces roast beef, 6 tablespoons Cheese Sauce, and 3/4 cup bell pepper mixture. Broil for 1 minute or until the sandwiches are thoroughly heated.
- ☐ Sprinkle the sandwiches with chopped parsley.

## Nutrition Facts



## Properties

Glycemic Index:69.94, Glycemic Load:17.48, Inflammation Score:-10, Nutrition Score:27.921304267386%

## Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 12.9mg, Quercetin: 12.9mg,

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Nutrients (% of daily need)

Calories: 330.87kcal (16.54%), Fat: 7.09g (10.92%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 41.79g (13.93%), Net Carbohydrates: 36.69g (13.34%), Sugar: 9.8g (10.89%), Cholesterol: 48.57mg (16.19%), Sodium: 1564.34mg (68.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.45g (52.9%), Vitamin C: 219.54mg (266.11%), Vitamin B3: 10.64mg (53.18%), Manganese: 0.91mg (45.7%), Vitamin A: 2039.5IU (40.79%), Vitamin K: 39.94µg (38.03%), Vitamin B6: 0.74mg (36.89%), Calcium: 339.59mg (33.96%), Selenium: 22.61µg (32.3%), Phosphorus: 285.5mg (28.55%), Folate: 110.99µg (27.75%), Zinc: 4.03mg (26.87%), Iron: 4.67mg (25.92%), Vitamin B12: 1.45µg (24.1%), Vitamin B1: 0.35mg (23.17%), Fiber: 5.1g (20.4%), Vitamin B2: 0.33mg (19.31%), Potassium: 661.43mg (18.9%), Magnesium: 62.48mg (15.62%), Copper: 0.24mg (12.1%), Vitamin B5: 1.08mg (10.75%), Vitamin E: 1.19mg (7.9%)