



Original Philly Cheese Steak

 Very Healthy

READY IN



17 min.

SERVINGS



4

CALORIES



2019 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 1 baguette french
- 4 servings mustard french
- 4 servings olive oil extra-virgin
- 2 onions peeled finely sliced
- 225 grams provolone cheese
- 2 handfuls a couple of of rocket wild washed
- 4 servings sea salt

- 8 sirloin steaks very thin
- 4 servings splash white wine vinegar

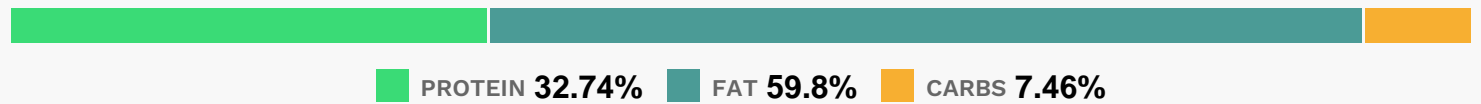
Equipment

- frying pan
- oven

Directions

- Cook the onions in a little olive oil until golden brown, season with freshly ground black pepper and add a splash of white wine vinegar.
- Drizzle olive oil over the thin slices of meat and season with sea salt and freshly ground black pepper. Cook the steaks on a very hot griddle pan, and after a couple of minutes turn them over and shave the cheese onto each steak. Warm the baguette in the oven.
- To serve, slice the baguette in half, pile on the fried onion, then the steaks, top with rocket and finally spoon on the mustard.
- Place the top on the bread and slice into 4 or 2 pieces.

Nutrition Facts



Properties

Glycemic Index:47.44, Glycemic Load:22.17, Inflammation Score:-8, Nutrition Score:52.94521727251%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.19mg, Isorhamnetin: 3.19mg, Isorhamnetin: 3.19mg, Isorhamnetin: 3.19mg Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.96mg, Quercetin: 11.96mg, Quercetin: 11.96mg, Quercetin: 11.96mg

Nutrients (% of daily need)

Calories: 2019.45kcal (100.97%), Fat: 131.62g (202.49%), Saturated Fat: 52.79g (329.96%), Carbohydrates: 36.94g (12.31%), Net Carbohydrates: 34.51g (12.55%), Sugar: 5.81g (6.46%), Cholesterol: 419.61mg (139.87%), Sodium: 1396.78mg (60.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 162.16g (324.32%), Vitamin B12: 19.73µg

(328.75%), Selenium: 131.42µg (187.74%), Zinc: 24.76mg (165.06%), Phosphorus: 1543.28mg (154.33%), Vitamin B3: 27.7mg (138.52%), Vitamin B6: 2.76mg (138.18%), Vitamin B2: 1.63mg (95.81%), Iron: 16.49mg (91.61%), Vitamin B1: 1.08mg (72.28%), Potassium: 2376.98mg (67.91%), Calcium: 561.33mg (56.13%), Magnesium: 178.58mg (44.64%), Folate: 133.47µg (33.37%), Copper: 0.66mg (32.92%), Vitamin B5: 2.72mg (27.25%), Manganese: 0.5mg (25.13%), Vitamin K: 22.82µg (21.74%), Vitamin E: 2.38mg (15.88%), Vitamin A: 733.95IU (14.68%), Fiber: 2.43g (9.73%), Vitamin C: 5.59mg (6.78%), Vitamin D: 0.28µg (1.88%)