



## Philadelphia Cheese Steaks with Onions and Wasabi Ketchup

 **Gluten Free**

READY IN



**15 min.**

SERVINGS



**4**

CALORIES



**728 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounces flank steak leftover
- 4 tablespoons catsup
- 1 onion halved thinly sliced
- 1 cup cheddar shredded
- 4 steak rolls halved
- 0.3 teaspoon wasabi paste

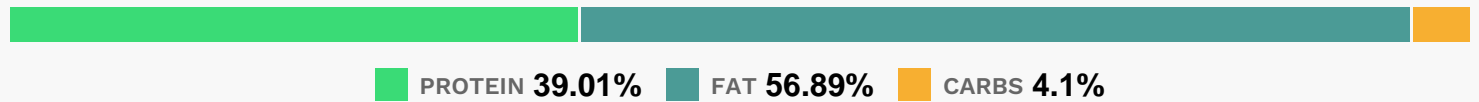
### Equipment

- oven
- aluminum foil

## Directions

- Watch how to make this recipe.
- Preheat oven to 400 degrees F.
- Place steak slices inside halved rolls. Top with onions and cheese. Wrap cheese steaks in foil and bake 8 to 10 minutes, or until cheese melts.
- Meanwhile, combine ketchup and wasabi paste.
- Mix until blended.
- Serve with cheese steaks.

## Nutrition Facts



## Properties

Glycemic Index:13.5, Glycemic Load:0.75, Inflammation Score:-6, Nutrition Score:31.621739066165%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

## Nutrients (% of daily need)

Calories: 728.35kcal (36.42%), Fat: 45.86g (70.55%), Saturated Fat: 21.42g (133.86%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 6.9g (2.51%), Sugar: 4.45g (4.95%), Cholesterol: 217.14mg (72.38%), Sodium: 484.55mg (21.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.75g (141.51%), Selenium: 88.47µg (126.39%), Zinc: 15.97mg (106.43%), Vitamin B3: 16.62mg (83.12%), Vitamin B12: 4.82µg (80.42%), Vitamin B6: 1.49mg (74.67%), Phosphorus: 638.75mg (63.87%), Vitamin B2: 0.8mg (46.78%), Iron: 5.36mg (29.75%), Potassium: 1001.52mg (28.61%), Calcium: 242.38mg (24.24%), Magnesium: 78.71mg (19.68%), Vitamin B1: 0.28mg (18.87%), Copper: 0.27mg (13.58%), Vitamin A: 394.57IU (7.89%), Folate: 30.4µg (7.6%), Vitamin B5: 0.69mg (6.94%), Vitamin K: 5.65µg (5.38%), Vitamin E: 0.68mg (4.55%), Vitamin C: 2.78mg (3.37%), Manganese: 0.06mg (3.19%), Vitamin D: 0.4µg (2.64%), Fiber: 0.54g (2.15%)