



Philly Beef and Cheese Sandwich

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium bell pepper cut into strips
- 1 medium onion thinly sliced
- 2 cups milk
- 2 tablespoons salad dressing
- 2 eggs
- 0.5 pound pan drippings from roast beef preferably cooked thinly sliced
- 0.5 pound swiss cheese sliced
- 4 cups frangelico

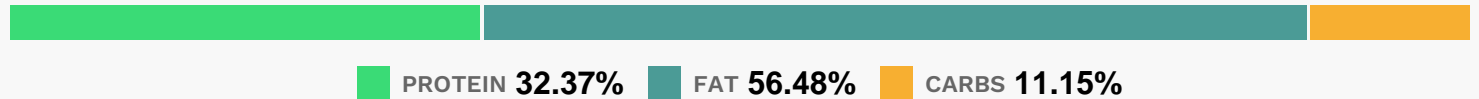
Equipment

- oven
- baking pan

Directions

- Heat oven to 350°. Grease bottom and sides of rectangular baking dish, 13x9x2 inches, with shortening. Spray 10-inch skillet with cooking spray; heat over medium-high heat. Cook bell pepper and onion in skillet, stirring occasionally, until tender; remove from heat.
- Stir together Bisquick, milk, mayonnaise and eggs.
- Pour half of the batter into baking dish. Top with half of the beef, the bell pepper mixture and three-fourths of the cheese. Top with remaining beef.
- Pour remaining batter over beef.
- Bake uncovered 35 to 45 minutes or until golden brown. Top with remaining cheese.
- Let stand 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:1.66, Inflammation Score:-6, Nutrition Score:12.836956625399%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 215.53kcal (10.78%), Fat: 13.58g (20.89%), Saturated Fat: 7.1g (44.35%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 5.48g (1.99%), Sugar: 4.56g (5.07%), Cholesterol: 90.76mg (30.25%), Sodium: 553.81mg (24.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.51g (35.01%), Calcium: 417.54mg (41.75%), Vitamin C: 32.83mg (39.79%), Phosphorus: 309.21mg (30.92%), Vitamin B12: 1.77µg (29.42%), Selenium: 15.12µg (21.6%), Zinc: 2.72mg (18.12%), Vitamin A: 860.79IU (17.22%), Vitamin B2: 0.27mg (15.98%), Vitamin B6: 0.25mg (12.56%), Vitamin B3: 2.36mg (11.81%), Potassium: 260.59mg (7.45%), Magnesium: 27.28mg (6.82%), Vitamin B5: 0.67mg (6.67%),

Vitamin D: 0.89µg (5.94%), Iron: 0.93mg (5.15%), Folate: 19.76µg (4.94%), Vitamin B1: 0.07mg (4.63%), Vitamin E: 0.63mg (4.2%), Vitamin K: 3.36µg (3.2%), Copper: 0.05mg (2.51%), Manganese: 0.05mg (2.39%), Fiber: 0.55g (2.18%)