



Philly Cheese Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 ounce bread french
- ☐ 1.5 cups bell pepper green sliced
- ☐ 4 ounce swiss cheese reduced-fat
- ☐ 1 teaspoon olive oil
- ☐ 1.5 cups onion sliced
- ☐ 8 ounces deli roast beef thinly sliced

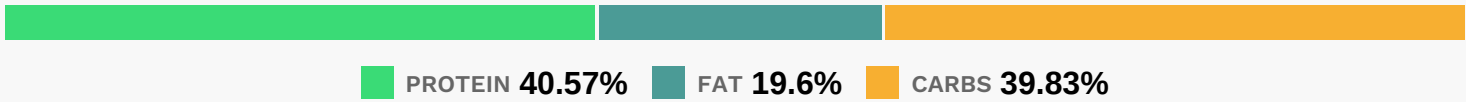
Equipment

- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ Heat oil in a nonstick skillet over medium heat.
- ☐ Add onion; cook 10 minutes, stirring frequently.
- ☐ Add bell pepper and black pepper; cook 3 minutes or until bell pepper is crisp-tender.
- ☐ Coat top sides of bread with cooking spray. Top each slice with 2 ounces beef, 1/4 cup onion mixture, and 1 cheese slice.
- ☐ Place sandwiches on a baking sheet coated with cooking spray; broil 2 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:12.76, Inflammation Score:-7, Nutrition Score:19.036087157934%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.41mg, Quercetin: 13.41mg, Quercetin: 13.41mg, Quercetin: 13.41mg

Nutrients (% of daily need)

Calories: 240.22kcal (12.01%), Fat: 5.28g (8.12%), Saturated Fat: 1.96g (12.27%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 21.5g (7.82%), Sugar: 5.57g (6.19%), Cholesterol: 42.24mg (14.08%), Sodium: 1084.52mg (47.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.14%), Vitamin C: 74.88mg (90.76%), Calcium: 465.89mg (46.59%), Phosphorus: 339.48mg (33.95%), Vitamin B3: 5.94mg (29.72%), Zinc: 3.62mg (24.16%), Vitamin B12: 1.44µg (24%), Vitamin B6: 0.48mg (23.87%), Selenium: 15.81µg (22.59%), Vitamin B1: 0.29mg (19.47%), Vitamin B2: 0.32mg (19.11%), Manganese: 0.32mg (16.04%), Iron: 2.68mg (14.89%), Folate: 58.74µg (14.68%), Potassium: 410.45mg (11.73%), Magnesium: 42.99mg (10.75%), Fiber: 2.63g (10.5%), Copper: 0.15mg (7.62%), Vitamin K: 5.52µg (5.26%), Vitamin A: 251.71IU (5.03%), Vitamin B5: 0.4mg (3.96%), Vitamin E: 0.44mg (2.96%)