



 **75%**
HEALTH SCORE

Philly Cheese Steak

 Very Healthy

READY IN



135 min.

SERVINGS



4

CALORIES



1134 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoons canola oil
- 2 pound loin trimmed
- 1 tablespoon flour all-purpose
- 3 tablespoons parsley leaves fresh finely chopped
- 1 teaspoon kosher salt
- 1.5 pounds mushrooms coarsely chopped (cremini and shiitake)
- 2 tablespoons olive oil

- 4 servings olive oil
- 3 large onions spanish peeled halved thinly sliced
- 0.3 cup parmigiano-reggiano grated
- 2 cubano peppers thinly sliced
- 2 poblano peppers thinly sliced
- 1 cup aged provolone cheese grated
- 4 servings salt and pepper black freshly ground
- 4 hoagie rolls split soft
- 1 tablespoon butter unsalted
- 2 tablespoons butter unsalted
- 2 cups milk whole

Equipment

- frying pan
- sauce pan
- whisk
- grill pan

Directions

- Watch how to make this recipe.
- Place steak in freezer for 30 to 45 minutes; this makes it easier to slice the meat.
- Remove the meat from the freezer and slice very thinly.
- Heat griddle or grill pan over high heat.
- Brush steak slices with oil and season with salt and pepper. Cook for 45 to 60 seconds per side.
- Place several slices of the meat on the bottom half of the roll, spoon some of the cheese sauce over the meat, and top with the mushrooms, onions, and peppers.
- Melt butter in a medium saucepan over medium heat.

- Whisk in the flour and cook for 1 minute. Slowly whisk in the warm milk, and cook, whisking constantly until thickened, about 4 to 5 minutes.
- Remove the mixture from the heat and whisk in the provolone and Parmesan until combined; season with the salt and pepper.
- Heat oil and butter in a large saute pan over high heat.
- Add the mushrooms and cook until the mushrooms are golden brown. Stir in the parsley and season with salt and pepper.
- Heat butter and oil in a large saute pan over medium heat.
- Add the onions, season with salt and pepper, and cook slowly until golden brown and caramelized, stirring occasionally, approximately 30 to 40 minutes.
- Heat the oil in medium saute pan over high heat.
- Add the peppers and cook until soft. Season with salt and pepper.

Nutrition Facts

PROTEIN 33.9% **FAT 44.15%** **CARBS 21.95%**

Properties

Glycemic Index:103.75, Glycemic Load:30.36, Inflammation Score:-9, Nutrition Score:61.204347859258%

Flavonoids

Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg Luteolin: 5.69mg, Luteolin: 5.69mg, Luteolin: 5.69mg, Luteolin: 5.69mg Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg, Isorhamnetin: 5.64mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 25.48mg, Quercetin: 25.48mg, Quercetin: 25.48mg

Nutrients (% of daily need)

Calories: 1133.52kcal (56.68%), Fat: 55.85g (85.93%), Saturated Fat: 19.69g (123.06%), Carbohydrates: 62.47g (20.82%), Net Carbohydrates: 55.56g (20.2%), Sugar: 21.47g (23.85%), Cholesterol: 243.4mg (81.13%), Sodium: 1409.47mg (61.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 96.48g (192.97%), Vitamin B3: 31.59mg (157.96%), Vitamin C: 111.56mg (135.23%), Vitamin B2: 2.22mg (130.72%), Iron: 22.06mg (122.55%), Vitamin B6: 2.4mg (120.09%), Phosphorus: 1167.85mg (116.78%), Vitamin B12: 5.45µg (90.86%), Selenium: 55.81µg (79.73%), Zinc: 11.26mg (75.07%), Vitamin K: 78.62µg (74.88%), Vitamin B1: 0.99mg (65.83%), Copper: 1.2mg (60.11%), Potassium: 2074.81mg (59.28%), Calcium: 544.92mg (54.49%), Vitamin B5: 5.45mg (54.46%), Vitamin E: 5.94mg (39.62%), Magnesium: 135.65mg (33.91%), Vitamin A: 1495.75IU (29.91%), Fiber: 6.91g (27.63%), Manganese: 0.49mg (24.68%), Folate: 94.69µg (23.67%), Vitamin D: 2.04µg (13.57%)