

Philly Cheese Steak

READY IN



30 min.

SERVINGS



4

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 fl. oz. creamy pimiento cheese
- 4 sandwich rolls soft
- 1 pound fat-trimmed beef flank steak fresh (rib-eye, round, or sirloin)
- 3 tablespoons teriyaki sauce
- 1 large onion yellow sliced thin

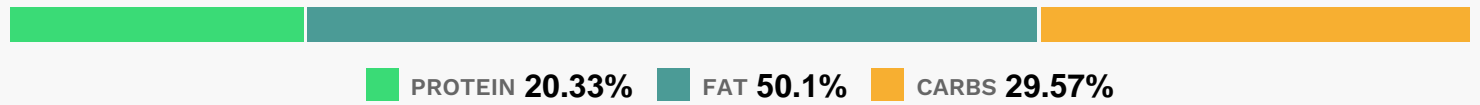
Equipment

- frying pan

Directions

- Add oil to a large non-stick skillet.
- Saute onions and 2 tablespoons of teriyaki sauce until the onions are soft.
- Add the sliced meat and cook until meat browns slightly, add remaining 1 tablespoon of teriyaki sauce and stir to combine.
- Place cheese on the meat and stir until melted, mixing meat, onions and cheese together. Scoop meat mixture onto sandwich rolls.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:19.473478135855%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 612.65kcal (30.63%), Fat: 32.5g (50%), Saturated Fat: 12.87g (80.44%), Carbohydrates: 43.17g (14.39%), Net Carbohydrates: 41.21g (14.98%), Sugar: 9.88g (10.98%), Cholesterol: 101.43mg (33.81%), Sodium: 1500.5mg (65.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.67g (59.34%), Selenium: 50.29µg (71.85%), Zinc: 6.43mg (42.87%), Vitamin B3: 8.18mg (40.92%), Vitamin B12: 1.88µg (31.37%), Calcium: 289.12mg (28.91%), Vitamin B2: 0.48mg (28.36%), Vitamin B6: 0.53mg (26.55%), Vitamin B1: 0.39mg (26.24%), Phosphorus: 251.96mg (25.2%), Iron: 4.13mg (22.93%), Folate: 65.76µg (16.44%), Manganese: 0.31mg (15.53%), Potassium: 450.59mg (12.87%), Magnesium: 51.19mg (12.8%), Vitamin A: 555.34IU (11.11%), Copper: 0.21mg (10.47%), Vitamin C: 6.64mg (8.05%), Fiber: 1.96g (7.85%), Vitamin B5: 0.31mg (3.07%), Vitamin K: 2.19µg (2.09%), Vitamin E: 0.25mg (1.65%)