



Philly Cheese Steak Sandwich

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 bread rolls split french toasted
- 0.5 cup cheez whiz cheese dip
- 2 Tbsp oil
- 1 medium onion sliced
- 1 medium bell pepper green red cut into strips
- 1 lb deli roast beef thinly sliced

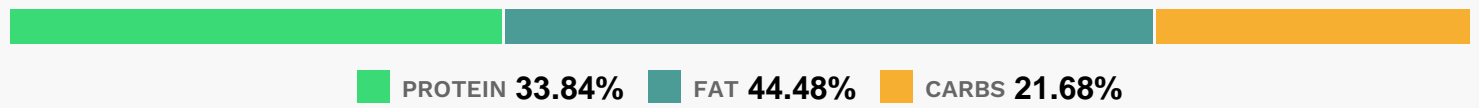
Equipment

- frying pan

Directions

- Heat oil in large skillet on medium heat.
- Add peppers and onion; cook and stir until tender.
- Add meat; cook until heated through, stirring occasionally.
- Fill rolls with meat mixture.
- Drizzle with CHEEZ WHIZ.
- Serve with ketchup or pizza sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:2.08, Inflammation Score:-2, Nutrition Score:5.9439130503198%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 99.53kcal (4.98%), Fat: 4.94g (7.6%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 4.83g (1.76%), Sugar: 1.46g (1.62%), Cholesterol: 23.15mg (7.72%), Sodium: 620.13mg (26.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.46g (16.91%), Vitamin C: 20.58mg (24.94%), Vitamin B3: 2.71mg (13.55%), Phosphorus: 135.27mg (13.53%), Calcium: 124.8mg (12.48%), Zinc: 1.32mg (8.81%), Vitamin B12: 0.51µg (8.57%), Vitamin B6: 0.16mg (7.79%), Selenium: 4.21µg (6.02%), Manganese: 0.11mg (5.69%), Iron: 0.96mg (5.34%), Vitamin B2: 0.08mg (4.66%), Potassium: 138.72mg (3.96%), Vitamin B1: 0.05mg (3.48%), Folate: 11.29µg (2.82%), Magnesium: 10.94mg (2.73%), Vitamin E: 0.37mg (2.48%), Fiber: 0.58g (2.33%), Vitamin K: 2.31µg (2.2%), Copper: 0.04mg (2.02%), Vitamin B5: 0.17mg (1.69%), Vitamin A: 80.83IU (1.62%)