



Philly Cheesesteak

 Vegetarian

READY IN



31 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.5 cups mushrooms fresh sliced
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons salad dressing italian
- ☐ 8 oz vegetable burger crumbles
- ☐ 1 medium onion thinly sliced
- ☐ 4 oz provolone cheese
- ☐ 0.5 large bell pepper red cut into thin strips

- ☐ 4 servings salt and pepper black to taste
- ☐ 10 oz portugese rolls split

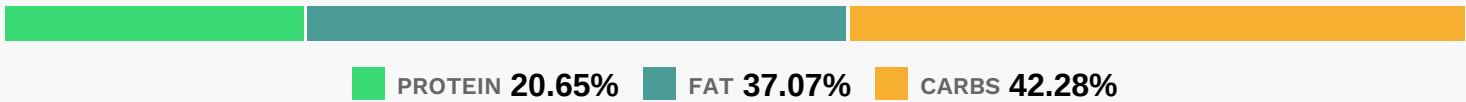
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Melt butter in a large skillet over medium-high heat; add onion, bell pepper, and mushrooms, and saut 13 minutes or until onions are golden brown.
- ☐ Add steak strips and garlic; saut 3 minutes or until thoroughly heated. Stir in dressing, and, if desired, crushed red pepper. Season with salt and black pepper to taste.
- ☐ Arrange steak mixture evenly on bottom roll halves; top with cheese and remaining roll halves. Arrange on a baking sheet.
- ☐ Bake at 400 for 8 minutes or until toasted.

Nutrition Facts



Properties

Glycemic Index:75.75, Glycemic Load:25.95, Inflammation Score:-8, Nutrition Score:24.210434638936%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 448.46kcal (22.42%), Fat: 18.58g (28.58%), Saturated Fat: 7.82g (48.85%), Carbohydrates: 47.67g (15.89%), Net Carbohydrates: 42.56g (15.48%), Sugar: 8.97g (9.97%), Cholesterol: 29.92mg (9.97%), Sodium: 1145.13mg (49.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.28g (46.57%), Vitamin B1: 1.56mg (104.3%), Iron: 12.51mg (69.52%), Vitamin C: 31.86mg (38.62%), Manganese: 0.63mg (31.68%), Calcium: 310.33mg

(31.03%), Phosphorus: 305.24mg (30.52%), Selenium: 20.78µg (29.69%), Vitamin B12: 1.57µg (26.23%), Vitamin B2: 0.4mg (23.58%), Folate: 94.04µg (23.51%), Fiber: 5.12g (20.46%), Vitamin A: 992.27IU (19.85%), Vitamin B3: 3.72mg (18.62%), Vitamin B6: 0.34mg (16.94%), Zinc: 1.93mg (12.9%), Copper: 0.25mg (12.69%), Potassium: 438.52mg (12.53%), Magnesium: 48.93mg (12.23%), Vitamin K: 10.26µg (9.77%), Vitamin B5: 0.94mg (9.45%), Vitamin E: 0.84mg (5.6%), Vitamin D: 0.21µg (1.42%)