



Philly Cheesesteak

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon mustard dry
- ☐ 12 ounce flank steak trimmed
- ☐ 2 teaspoons flour all-purpose
- ☐ 2 teaspoons garlic minced
- ☐ 1.5 cups bell pepper green thinly sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup milk 1% low-fat
- ☐ 0.5 teaspoon lower-sodium soy sauce

- ☐ 2 teaspoons olive oil extra-virgin divided
- ☐ 1 cup onion thinly sliced
- ☐ 2 tablespoons parmigiano-reggiano cheese grated
- ☐ 10 inch portobello mushroom caps
- ☐ 1 ounce provolone cheese
- ☐ 12 ounce hoagie rolls toasted
- ☐ 0.5 teaspoon worcestershire sauce

Equipment

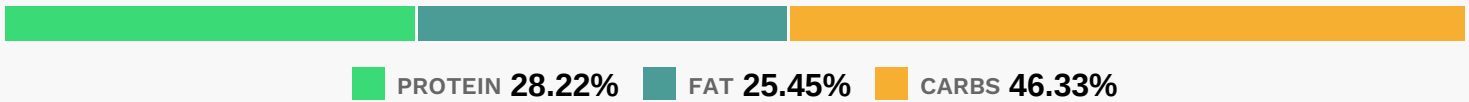
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place beef in freezer for 15 minutes.
- ☐ Cut beef across the grain into thin slices.
- ☐ Sprinkle beef with salt and pepper.
- ☐ Remove brown gills from the undersides of mushroom caps using a spoon; discard gills.
- ☐ Remove stems; discard. Thinly slice mushroom caps; cut slices in half crosswise.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add beef to pan; saut 2 minutes or until beef loses its pink color, stirring constantly.
- ☐ Remove beef from pan.
- ☐ Add remaining 1 teaspoon oil to pan.
- ☐ Add onion; saut 3 minutes.
- ☐ Add mushrooms, bell pepper, and garlic; saut 6 minutes. Return beef to pan; saut 1 minute or until thoroughly heated and vegetables are tender.
- ☐ Remove from heat. Stir in Worcestershire and soy sauce; keep warm.

- ☐
- Place flour in a small saucepan; gradually add milk, stirring with a whisk until blended. Bring to a simmer over medium heat; cook 1 minute or until slightly thickened.
- ☐
- Remove from heat.
- ☐
- Add cheeses and mustard, stirring until smooth. Keep warm (mixture will thicken as it cools).
- ☐
- Hollow out top and bottom halves of bread, leaving a 1/2-inch-thick shell; reserve torn bread for another use. Divide the beef mixture evenly among bottom halves of hoagies.
- ☐
- Drizzle sauce evenly over beef mixture; replace top halves.

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:29.26, Inflammation Score:-6, Nutrition Score:19.703043678532%

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: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg, Quercetin: 9.38mg

Nutrients (% of daily need)

Calories: 425.41kcal (21.27%), Fat: 11.93g (18.35%), Saturated Fat: 3.89g (24.31%), Carbohydrates: 48.84g (16.28%), Net Carbohydrates: 45.75g (16.63%), Sugar: 10.01g (11.12%), Cholesterol: 59.09mg (19.7%), Sodium: 680.35mg (29.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.75g (59.5%), Iron: 14.57mg (80.97%), Vitamin C: 48.46mg (58.74%), Selenium: 29.51µg (42.15%), Vitamin B6: 0.74mg (37.16%), Vitamin B3: 6.04mg (30.18%), Phosphorus: 290.41mg (29.04%), Zinc: 3.9mg (25.98%), Vitamin B12: 1.09µg (18.18%), Calcium: 165.69mg (16.57%), Potassium: 546.22mg (15.61%), Vitamin B2: 0.21mg (12.62%), Fiber: 3.1g (12.39%), Vitamin B1: 0.15mg (9.81%), Manganese: 0.19mg (9.48%), Magnesium: 36.73mg (9.18%), Vitamin B5: 0.88mg (8.82%), Folate: 29.93µg (7.48%), Copper: 0.15mg (7.3%), Vitamin A: 348.7IU (6.97%), Vitamin K: 6.99µg (6.66%), Vitamin E: 0.79mg (5.27%), Vitamin D: 0.39µg (2.61%)