



Philly Cheesesteak

READY IN



30 min.

SERVINGS



4

CALORIES



429 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 fresh grated
- ☐ 10 inch portobello mushroom caps sliced
- ☐ 0.3 cup provolone cheese
- ☐ 12 ounce hoagie rolls toasted
- ☐ 0.5 teaspoon worcestershire sauce

Equipment

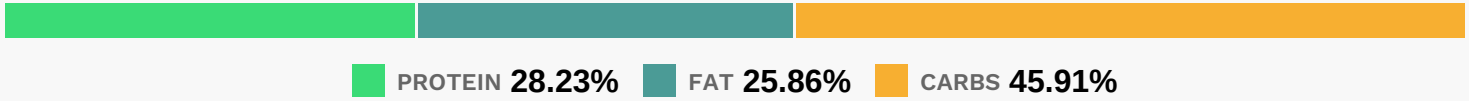
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cut beef into thin slices; sprinkle with salt and pepper.
- ☐ 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 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 thick.
- ☐ 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 hoagie rolls, leaving a 1/2-inch-thick shell; reserve torn bread for another use. Divide beef mixture evenly among bottom halves of hoagie rolls.
- ☐ Drizzle sauce evenly over beef mixture; replace top halves.

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:29.27, Inflammation Score:-6, Nutrition Score:19.836087061011%

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: 429.49kcal (21.47%), Fat: 12.24g (18.82%), Saturated Fat: 4.09g (25.56%), Carbohydrates: 48.87g (16.29%), Net Carbohydrates: 45.77g (16.64%), Sugar: 10.02g (11.13%), Cholesterol: 59.9mg (19.97%), Sodium: 688.8mg (29.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.05g (60.1%), Iron: 14.58mg (81%), Vitamin C: 48.46mg (58.74%), Selenium: 29.67µg (42.39%), Vitamin B6: 0.74mg (37.2%), Vitamin B3: 6.04mg (30.19%), Phosphorus: 296.18mg (29.62%), Zinc: 3.93mg (26.23%), Vitamin B12: 1.11µg (18.46%), Calcium: 174.48mg (17.45%), Potassium: 547.82mg (15.65%), Vitamin B2: 0.22mg (12.84%), Fiber: 3.1g (12.39%), Vitamin B1: 0.15mg (9.82%), Manganese: 0.19mg (9.48%), Magnesium: 37.05mg (9.26%), Vitamin B5: 0.89mg (8.88%), Folate: 30.05µg (7.51%), Copper: 0.15mg (7.31%), Vitamin A: 358.93IU (7.18%), Vitamin K: 7.02µg (6.69%), Vitamin E: 0.79mg (5.29%), Vitamin D: 0.4µg (2.65%)