



WHATSheATE



Philly Cheesesteak Casserole

READY IN



75 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 oz extra wide egg noodles uncooked
- ☐ 1 lb beef top sirloin steaks boneless
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup onion chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1.8 cups beef broth flavored (from 32-oz carton)
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup skim milk fat-free
- ☐ 1 tablespoon dijon mustard

☐ 3 oz cheddar cheese shredded reduced-fat

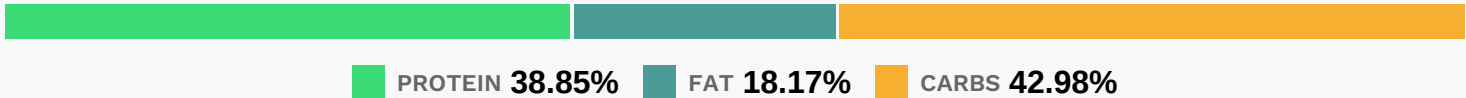
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. Cook and drain noodles as directed on package.
- ☐ Meanwhile, remove fat from beef.
- ☐ Cut beef into 3/4-inch pieces.
- ☐ Heat 12-inch nonstick skillet over medium heat. Cook beef and pepper in skillet 2 to 3 minutes, stirring occasionally, until beef is brown. Stir in onions and bell pepper. Cook 2 minutes, stirring occasionally. Spoon into baking dish.
- ☐ In medium bowl, beat broth and flour with wire whisk until smooth.
- ☐ Add to skillet; heat to boiling. Cook, stirring constantly, until mixture thickens; remove from heat. Stir in half-and-half and mustard. Spoon over beef mixture. Stir in cooked noodles.
- ☐ Cover and bake 40 minutes.
- ☐ Sprinkle with cheese.
- ☐ Bake uncovered about 10 minutes longer or until cheese is melted and casserole is bubbly.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:11.96, Inflammation Score:-5, Nutrition Score:16.100434736065%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 279.74kcal (13.99%), Fat: 5.54g (8.53%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 27.63g (10.05%), Sugar: 3.07g (3.41%), Cholesterol: 72.38mg (24.13%), Sodium: 444.16mg (19.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.66g (53.33%), Selenium: 51.49µg (73.56%), Phosphorus: 353.91mg (35.39%), Vitamin B3: 6.48mg (32.38%), Vitamin B6: 0.63mg (31.28%), Zinc: 4.1mg (27.34%), Manganese: 0.37mg (18.25%), Vitamin B12: 1.01µg (16.89%), Vitamin C: 12.1mg (14.67%), Vitamin B2: 0.25mg (14.53%), Potassium: 497.82mg (14.22%), Iron: 2.32mg (12.9%), Vitamin B1: 0.18mg (12.27%), Calcium: 118.56mg (11.86%), Magnesium: 47.04mg (11.76%), Vitamin B5: 0.96mg (9.6%), Folate: 37.82µg (9.46%), Copper: 0.18mg (8.88%), Fiber: 1.87g (7.48%), Vitamin E: 0.4mg (2.65%), Vitamin K: 2.31µg (2.2%), Vitamin A: 104.08IU (2.08%)