



## Philly Cheesesteak Sandwiches

READY IN



21 min.

SERVINGS



6

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 9 ounce seasoned beef strips frozen
- 2 tablespoons creamy mustard blend
- 3 ounces part-skim mozzarella cheese shredded
- 16 ounce pepper stir-fry frozen
- 15 ounce hoagie rolls

### Equipment

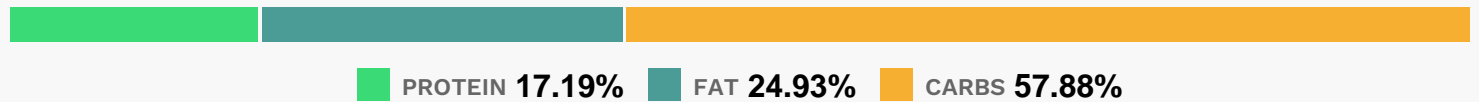
- frying pan
- oven

aluminum foil

## Directions

- Heat a large nonstick skillet over medium-high heat until hot; add frozen pepper stir-fry, and cook 2 minutes.
- Add beef strips, and cook 3 to 5 minutes or until thoroughly heated; drain.
- Spread 1 teaspoon mustard blend on bottom half of each roll. Spoon 1/2 cup beef mixture onto each roll; top with cheese and top half of roll. Wrap each sandwich in aluminum foil.
- Bake at 350 for 6 to 7 minutes or until cheese melts.
- Remove sandwiches from foil; serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:22.83, Glycemic Load:32.29, Inflammation Score:-7, Nutrition Score:31.280000389432%

## Nutrients (% of daily need)

Calories: 509.75kcal (25.49%), Fat: 15.59g (23.99%), Saturated Fat: 5.76g (36.01%), Carbohydrates: 81.46g (27.15%), Net Carbohydrates: 61.06g (22.2%), Sugar: 5.04g (5.6%), Cholesterol: 39.26mg (13.09%), Sodium: 478.35mg (20.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.19g (48.39%), Manganese: 9.67mg (483.38%), Vitamin K: 124.82µg (118.88%), Iron: 18.91mg (105.04%), Fiber: 20.4g (81.62%), Copper: 1.04mg (51.93%), Calcium: 462.93mg (46.29%), Magnesium: 142.16mg (35.54%), Potassium: 1138.93mg (32.54%), Phosphorus: 257.66mg (25.77%), Zinc: 3.1mg (20.67%), Selenium: 13.82µg (19.75%), Vitamin B6: 0.37mg (18.54%), Vitamin B12: 1.03µg (17.1%), Vitamin B2: 0.25mg (14.43%), Vitamin B3: 2.7mg (13.52%), Vitamin B5: 1.3mg (12.97%), Vitamin A: 485.26IU (9.71%), Vitamin B1: 0.11mg (7.46%), Vitamin E: 1mg (6.65%), Folate: 17.45µg (4.36%)