



Philly Cheesesteaks

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons beef broth
- ☐ 2 teaspoons bottled garlic minced
- ☐ 1 small bell pepper green sliced into thin strips
- ☐ 4 hot dog buns toasted
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion thinly sliced
- ☐ 1 teaspoon oregano dried
- ☐ 4 oz processed cheese cubed

- ☐ 1 small bell pepper red sliced into thin strips
- ☐ 0.8 pound pan drippings from roast beef preferably shredded thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 2 teaspoons citrus champagne vinegar

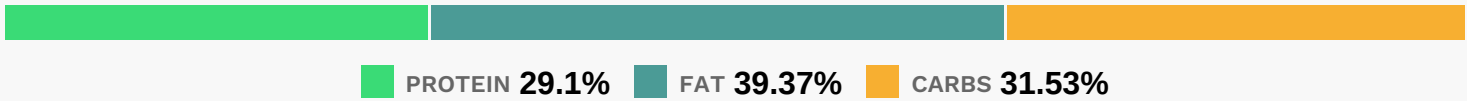
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, bell peppers, and garlic; saut 4 minutes or until tender. Reduce heat; cook 8 minutes or until tender, stirring occasionally.
- ☐ Stir in sugar, oregano, vinegar, salt, and cheese; cook 2 minutes or until cheese melts, stirring constantly.
- ☐ Combine beef and broth in a microwave-safe bowl. Cover and microwave at HIGH 2 minutes or until hot.
- ☐ Divide beef mixture evenly among buns; top each with cheese mixture.
- ☐ MENU IDEA FOR 4 * Philly Cheesesteaks * Broccoli florets and Ranch dressing
- ☐ GROCERIES NEEDED Check staples: olive oil, bottled minced garlic, sugar, dried oregano, white wine vinegar, salt, Ranch dressing * 1 large onion * 1 small red bell pepper * 1 small green bell pepper * 4 oz. processed cheese (we tested with Velveeta) * 3/4 lb. thinly sliced roast beef * 1 can beef broth or 1 jar beef bouillon * 1 package hot dog buns * 1 lb. broccoli florets

Nutrition Facts



Properties

Glycemic Index:65.77, Glycemic Load:15.71, Inflammation Score:-9, Nutrition Score:24.103478198466%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg

Nutrients (% of daily need)

Calories: 394.26kcal (19.71%), Fat: 17.34g (26.68%), Saturated Fat: 7.04g (44%), Carbohydrates: 31.25g (10.42%), Net Carbohydrates: 28.88g (10.5%), Sugar: 8.59g (9.54%), Cholesterol: 76.83mg (25.61%), Sodium: 2153.88mg (93.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.83g (57.67%), Vitamin C: 80.96mg (98.13%), Calcium: 620.83mg (62.08%), Vitamin B3: 8.56mg (42.79%), Phosphorus: 414.38mg (41.44%), Selenium: 23.66µg (33.8%), Vitamin B12: 1.96µg (32.73%), Zinc: 4.26mg (28.43%), Vitamin B6: 0.56mg (27.99%), Iron: 3.92mg (21.79%), Manganese: 0.42mg (21.2%), Vitamin B1: 0.32mg (21.15%), Vitamin B2: 0.34mg (19.78%), Vitamin A: 925.49IU (18.51%), Folate: 68.92µg (17.23%), Potassium: 476.96mg (13.63%), Magnesium: 45.13mg (11.28%), Vitamin K: 10.46µg (9.96%), Fiber: 2.37g (9.48%), Vitamin E: 1.31mg (8.71%), Copper: 0.16mg (8%), Vitamin B5: 0.51mg (5.14%), Vitamin D: 0.17µg (1.13%)