



## Philly Steak Sandwich

READY IN



40 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound beef sirloin cut into thin 2 inch strips
- 0.5 teaspoon pepper black
- 0.5 teaspoon chili powder
- 0.5 teaspoon basil dried
- 0.5 teaspoon marjoram dried
- 0.5 teaspoon thyme leaves dried
- 0.5 teaspoon garlic powder
- 1 bell pepper green julienned
- 1 onion sliced

- 0.5 teaspoon onion powder
- 0.5 teaspoon paprika
- 0.5 teaspoon salt
- 4 hoagie rolls split
- 3 ounces swiss cheese thinly sliced
- 3 tablespoons vegetable oil

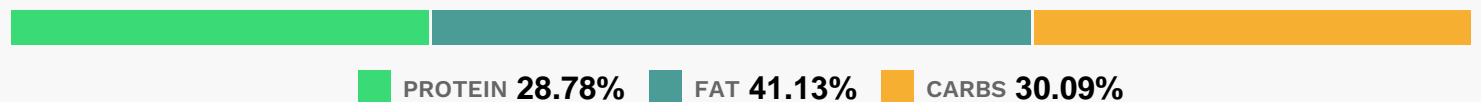
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- broiler

## Directions

- Place the beef in a large bowl. In a small bowl, mix together salt, pepper, paprika, chili powder, onion powder, garlic powder, thyme, marjoram and basil.
- Sprinkle over beef.
- Heat half of the oil in a skillet over medium-high heat.
- Saute beef to desired doneness, and remove from pan.
- Heat the remaining oil in the skillet, and saute the onion and green pepper.
- Preheat oven on broiler setting.
- Divide the meat between the bottoms of 4 rolls, layer with onion and green pepper, then top with sliced cheese.
- Place on cookie sheet, and broil until cheese is melted. Cover with tops of rolls, and serve.

## Nutrition Facts



## Properties

Glycemic Index:47.25, Glycemic Load:23.75, Inflammation Score:-6, Nutrition Score:22.246521825376%

## Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

## Nutrients (% of daily need)

Calories: 507.07kcal (25.35%), Fat: 22.97g (35.33%), Saturated Fat: 6.78g (42.36%), Carbohydrates: 37.81g (12.6%), Net Carbohydrates: 35.36g (12.86%), Sugar: 6.29g (6.99%), Cholesterol: 82.14mg (27.38%), Sodium: 695.2mg (30.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.16g (72.33%), Iron: 13.29mg (73.82%), Selenium: 39.41µg (56.3%), Vitamin B6: 0.85mg (42.42%), Zinc: 5.76mg (38.41%), Vitamin B3: 7.47mg (37.36%), Phosphorus: 371.09mg (37.11%), Vitamin B12: 2.06µg (34.33%), Vitamin C: 26.09mg (31.63%), Vitamin K: 27.86µg (26.54%), Calcium: 236.96mg (23.7%), Potassium: 514.85mg (14.71%), Vitamin B2: 0.24mg (14.3%), Vitamin E: 1.58mg (10.54%), Magnesium: 41.85mg (10.46%), Vitamin A: 492.42IU (9.85%), Fiber: 2.45g (9.78%), Vitamin B1: 0.14mg (9.13%), Vitamin B5: 0.88mg (8.84%), Copper: 0.17mg (8.27%), Manganese: 0.16mg (7.91%), Folate: 25.06µg (6.26%)