



Short Rib Cheesesteak Sandwiches

READY IN



18 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 ounces beef short ribs boneless lean trimmed very thinly sliced
- ☐ 12 ounce bread baguette french
- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon flour all-purpose
- ☐ 4 garlic cloves thinly sliced
- ☐ 0.5 cup milk 1% low-fat
- ☐ 2 teaspoons olive oil divided
- ☐ 1 cup onion vertically sliced

- ☐ 1 large orange bell pepper cut into strips
- ☐ 0.4 teaspoon salt divided
- ☐ 0.5 cup 0%-less-fat sharp cheddar cheese shredded

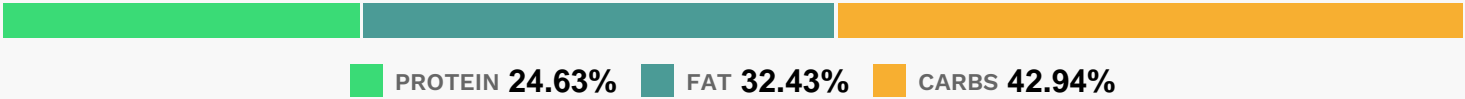
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ broiler
- ☐ microwave

Directions

- ☐ Preheat broiler to high.
- ☐ Cut bread in half lengthwise and again crosswise. Hollow out tops and bottoms of bread, leaving a 1/2-inch-thick shell.
- ☐ Place bread halves on a baking sheet, cut sides up. Broil 1 1/2 minutes or until toasted.
- ☐ Combine milk, flour, and mustard in a medium microwave-safe bowl, stirring with a whisk. Microwave at HIGH 1 1/2 minutes or until thickened, stirring every 30 seconds.
- ☐ Remove from microwave; add 1/8 teaspoon salt and cheese, stirring until cheese melts.
- ☐ Heat a large cast-iron skillet over medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add onion, garlic, bell pepper, and 1/8 teaspoon salt; saut 5 minutes or until tender.
- ☐ Remove onion mixture from pan; keep warm.
- ☐ Add remaining 1 teaspoon oil to pan; swirl to coat.
- ☐ Add beef, remaining 1/8 teaspoon salt, and black pepper to pan; saut 3 minutes or until tender.
- ☐ Divide beef mixture evenly among bottom halves of bread; top with onion mixture.
- ☐ Drizzle cheese sauce evenly over sandwiches. Top with top halves of bread; cut each sandwich in half.

Nutrition Facts



Properties

Glycemic Index:83.88, Glycemic Load:36.03, Inflammation Score:-9, Nutrition Score:28.276521433955%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg

Nutrients (% of daily need)

Calories: 500.49kcal (25.02%), Fat: 18.04g (27.75%), Saturated Fat: 7.34g (45.86%), Carbohydrates: 53.74g (17.91%), Net Carbohydrates: 50.17g (18.24%), Sugar: 8.91g (9.9%), Cholesterol: 65.78mg (21.93%), Sodium: 906.75mg (39.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.83g (61.66%), Vitamin C: 56.38mg (68.34%), Selenium: 42.46µg (60.65%), Vitamin B12: 3.21µg (53.55%), Vitamin B1: 0.76mg (50.51%), Zinc: 5.81mg (38.76%), Vitamin B2: 0.65mg (38.25%), Vitamin B3: 7.55mg (37.74%), Phosphorus: 374.91mg (37.49%), Folate: 140.84µg (35.21%), Vitamin B6: 0.66mg (32.8%), Manganese: 0.63mg (31.63%), Iron: 5.56mg (30.91%), Vitamin A: 1485.7IU (29.71%), Calcium: 207.13mg (20.71%), Potassium: 621.99mg (17.77%), Magnesium: 63.88mg (15.97%), Fiber: 3.57g (14.3%), Copper: 0.23mg (11.4%), Vitamin B5: 0.93mg (9.26%), Vitamin E: 1.24mg (8.28%), Vitamin K: 4.61µg (4.39%), Vitamin D: 0.41µg (2.73%)