



 **100%**
HEALTH SCORE

Steak and Cheese Sandwiches with Mushrooms

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups bell pepper strips green
- 0.1 teaspoon pepper black
- 2 teaspoons bottled garlic minced
- 1 cup pre mushrooms
- 1 teaspoon olive oil
- 2 cups pre onion
- 2.4 ounce provolone cheese cut in half reduced-fat

- 0.3 teaspoon salt
- 10 ounce hoagie rolls with sesame seeds
- 0.8 pound top round steak trimmed cut into thin strips
- 2 teaspoons worcestershire sauce

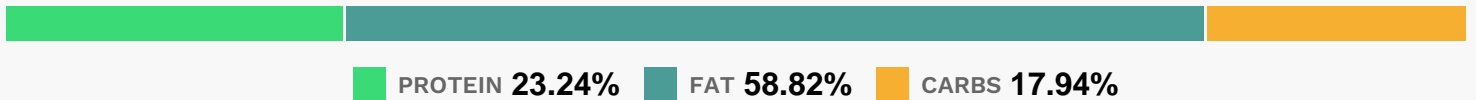
Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion, bell pepper, and garlic to pan; saut 3 minutes.
- Add mushrooms to pan; saut 4 minutes.
- Sprinkle beef with salt and black pepper.
- Add beef to pan; saut 3 minutes or until browned, stirring occasionally. Stir in Worcestershire sauce; cook 1 minute.
- Place 1 cheese slice half on bottom half of each roll, and top each serving with one-fourth of beef mixture. Top with remaining cheese slice halves and tops of rolls.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:5.27, Inflammation Score:-9, Nutrition Score:48.203478382981%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.53mg, Luteolin: 3.53mg, Luteolin: 3.53mg, Luteolin: 3.53mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 17.93mg, Quercetin: 17.93mg, Quercetin: 17.93mg, Quercetin: 17.93mg

Nutrients (% of daily need)

Calories: 642.74kcal (32.14%), Fat: 43.9g (67.53%), Saturated Fat: 9.05g (56.57%), Carbohydrates: 30.14g (10.05%), Net Carbohydrates: 18.84g (6.85%), Sugar: 6.29g (6.99%), Cholesterol: 63.62mg (21.21%), Sodium: 377.32mg (16.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.02g (78.04%), Copper: 3.16mg (157.98%), Manganese: 2.01mg (100.63%), Calcium: 873.01mg (87.3%), Vitamin C: 67.49mg (81.81%), Selenium: 56.98µg (81.4%), Phosphorus: 785.14mg (78.51%), Vitamin B6: 1.47mg (73.44%), Magnesium: 293.53mg (73.38%), Iron: 12.83mg (71.29%), Zinc: 10.32mg (68.82%), Vitamin B3: 10.43mg (52.16%), Vitamin B1: 0.75mg (50.03%), Fiber: 11.3g (45.19%), Potassium: 1030.78mg (29.45%), Vitamin B2: 0.5mg (29.43%), Folate: 109.41µg (27.35%), Vitamin B12: 1.41µg (23.43%), Vitamin B5: 1.24mg (12.41%), Vitamin A: 436.25IU (8.73%), Vitamin K: 8µg (7.62%), Vitamin E: 0.91mg (6.04%)