



Stroganoff Sandwich

READY IN



45 min.

SERVINGS



8

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 1 pound bread french italian-style
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 bell pepper green sliced in rings
- ☐ 0.3 cup green onions chopped
- ☐ 1 pound ground beef
- ☐ 1 tablespoon milk
- ☐ 0.8 teaspoon salt
- ☐ 1 cup cheddar cheese shredded

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 tomatoes sliced
- ☐ 1 teaspoon worcestershire sauce

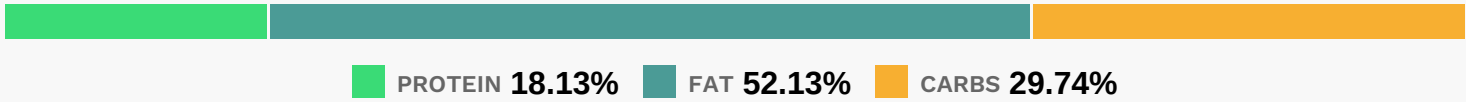
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Cut loaf in half. Wrap in foil and heat at in a preheated 375 degrees F (190 degrees) oven for 10 to 15 minutes.
- ☐ In a large skillet over medium-high cook beef and green onions until beef is cooked through; drain. Stir in milk, garlic powder, sour cream, Worcestershire sauce, salt and pepper to taste.
- ☐ Heat but do not let boil.
- ☐ Butter cut surface of bread.
- ☐ Spread with half of meat mixture on each half. Arrange tomatoes and green bell pepper alternately on top and sprinkle with cheese.
- ☐ Place on baking sheet.
- ☐ Bake at 350 degrees F (175 degrees C) for 5 minutes or until heated through completely.

Nutrition Facts



Properties

Glycemic Index:35.06, Glycemic Load:23.22, Inflammation Score:-7, Nutrition Score:17.113913126614%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol:

0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 449.25kcal (22.46%), Fat: 26.08g (40.13%), Saturated Fat: 12.12g (75.74%), Carbohydrates: 33.49g (11.16%), Net Carbohydrates: 31.53g (11.47%), Sugar: 5.05g (5.61%), Cholesterol: 79.09mg (26.36%), Sodium: 734.1mg (31.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.41g (40.81%), Selenium: 29.89µg (42.7%), Vitamin B1: 0.46mg (30.69%), Vitamin B3: 5.44mg (27.22%), Vitamin B2: 0.45mg (26.7%), Phosphorus: 250.55mg (25.06%), Zinc: 3.67mg (24.47%), Vitamin B12: 1.44µg (23.99%), Folate: 86.69µg (21.67%), Vitamin C: 17.12mg (20.75%), Iron: 3.58mg (19.91%), Manganese: 0.37mg (18.33%), Calcium: 179.52mg (17.95%), Vitamin B6: 0.33mg (16.36%), Vitamin A: 754.08IU (15.08%), Vitamin K: 12.44µg (11.85%), Potassium: 384.03mg (10.97%), Magnesium: 40.4mg (10.1%), Copper: 0.16mg (8.15%), Fiber: 1.95g (7.82%), Vitamin B5: 0.68mg (6.85%), Vitamin E: 0.89mg (5.92%), Vitamin D: 0.16µg (1.08%)