



Summer steak subs

READY IN



20 min.

SERVINGS



2

CALORIES



852 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 sub rolls mini
- 1 tbsp horseradish
- 1 tbsp vegetable oil
- 1 small onion finely sliced
- 1 bell pepper red deseeded finely sliced
- 2 frying steaks thin
- 2 slices gruyère cheese

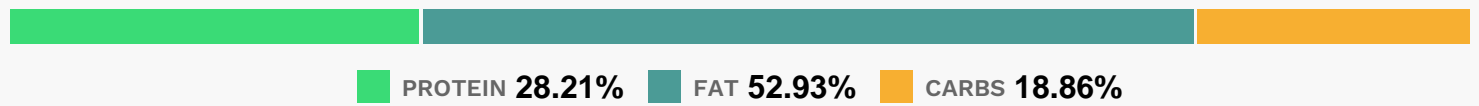
Equipment

frying pan

Directions

- Split the rolls down the middle, spread with the mayonnaise or horseradish, then set aside.
- Heat half the oil in a large frying pan and fry onions and peppers together for 5–10 mins until soft and beginning to colour, then spoon into the rolls.
- Heat remaining oil in the same pan, season the steaks and cook for 1 min until browned. Flip steaks over, top with the cheese and continue to cook until the steak is cooked to your liking and the cheese has melted. lift the steaks into the rolls and tuck in.

Nutrition Facts



Properties

Glycemic Index:83.5, Glycemic Load:24.64, Inflammation Score:-9, Nutrition Score:36.620869263359%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg

Nutrients (% of daily need)

Calories: 852.14kcal (42.61%), Fat: 50.27g (77.33%), Saturated Fat: 20.6g (128.76%), Carbohydrates: 40.32g (13.44%), Net Carbohydrates: 37.17g (13.51%), Sugar: 9.01g (10.02%), Cholesterol: 168.66mg (56.22%), Sodium: 645.24mg (28.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.27g (120.55%), Vitamin C: 80.62mg (97.72%), Zinc: 12.96mg (86.38%), Selenium: 59.65µg (85.21%), Iron: 14.95mg (83.04%), Vitamin B12: 4.2µg (69.99%), Vitamin B3: 11.75mg (58.73%), Vitamin B6: 1.14mg (57.25%), Phosphorus: 522.78mg (52.28%), Vitamin A: 2163.14IU (43.26%), Vitamin B2: 0.68mg (40%), Calcium: 321.42mg (32.14%), Potassium: 823.46mg (23.53%), Vitamin K: 19.8µg (18.86%), Vitamin B1: 0.26mg (17.63%), Magnesium: 70.21mg (17.55%), Fiber: 3.16g (12.63%), Folate: 47.88µg (11.97%), Copper: 0.21mg (10.67%), Vitamin E: 1.58mg (10.55%), Manganese: 0.13mg (6.3%), Vitamin B5: 0.4mg (3.96%), Vitamin D: 0.39µg (2.63%)