



## Zesty Italian Sautéed Onion, Pepper and Beef Sandwich

 Dairy Free

READY IN



12 min.

SERVINGS



12

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup bell peppers green thinly sliced
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 0.5 cup onions thinly sliced
- 2 Tbsp pickled pepper rings
- 12 slices oscar mayer deli slow roasted roast beef fresh
- 2 submarine rolls split (7 inch)

### Equipment

frying pan

## Directions

- Cook and stir onions and bell peppers in dressing in medium skillet on medium heat 5 min. or until vegetables are crisp-tender, stirring frequently.
- Add meat; toss to coat. Cook on medium-low heat 2 min. or until heated through, stirring frequently.
- Fill rolls with meat mixture; top with pickled peppers.

## Nutrition Facts



## Properties

Glycemic Index:9.17, Glycemic Load:3.97, Inflammation Score:-1, Nutrition Score:1.1556521848492%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

## Nutrients (% of daily need)

Calories: 45.11kcal (2.26%), Fat: 1.45g (2.23%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 6.79g (2.26%), Net Carbohydrates: 6.45g (2.34%), Sugar: 1.61g (1.79%), Cholesterol: 0.57mg (0.19%), Sodium: 114.31mg (4.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Iron: 1.83mg (10.18%), Vitamin C: 3.46mg (4.19%), Vitamin K: 3µg (2.86%), Fiber: 0.34g (1.37%), Vitamin B6: 0.02mg (1.1%)