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Angus Beef & Provolone Sandwich

The Angus Beef & Provolone Sandwich is a delicious and hearty sandwich made with tender Angus beef and melted provolone cheese. It is perfect for a quick and satisfying meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	angus beef
50 g	provolone cheese
4 slices	bread
2 tbsp	mayonnaise
4 leaves	lettuce

4 slices Tomato

1 salt
teaspoon

1 pepper
teaspoon

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

Season the Angus beef with salt and pepper.

Prep Time: 2 mins

Cook Time: 10 mins

Step 3

Grilling

Grill the Angus beef for 5 minutes on each side, or until cooked to desired doneness.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Resting

Remove the Angus beef from the grill and let it rest for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Cutting

Slice the Angus beef into thin strips.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Spreading

Spread mayonnaise on one side of each bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Layering

Layer lettuce, tomato slices, and Angus beef strips on one bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Covering

Top with provolone cheese and cover with another bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 9

Repeat for the second sandwich.

Prep Time: 0 mins

Cook Time: 0 mins

Step 10

Serving

Serve the Angus Beef & Provolone Sandwiches immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 25 g

Protein: 30 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	25 g	89.29%	100%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	20 mg	181.82%	250%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Middle Eastern

American

Vietnamese

Korean

German

Spanish

Greek

Mediterranean

Diet

Anti-Inflammatory Diet

Course

Soups

Main Dishes

Appetizers

Sauces & Dressings

Events

Picnic

Game Day

Meal Type

Lunch

Snack

Dinner

Difficulty Level

Medium

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