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Big Philly Cheesesteak on Flatbread

The Big Philly Cheesesteak on Flatbread is a classic American sandwich that originated in Philadelphia. It is made with thinly sliced beef, sautéed onions, bell peppers, and melted cheese, all served on a warm flatbread. This sandwich is known for its rich and savory flavors, and it is a popular choice for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	thinly sliced beef
100 g	onion
100 g	bell pepper
200 g	Cheese

4 flatbread
pieces

Directions

Step 1

Stove

Heat a pan over medium heat and add the thinly sliced beef. Cook until browned and cooked through.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

In the same pan, add the onion and bell pepper. Cook until softened and slightly caramelized.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Oven

Preheat the oven to 350°F (175°C).

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Oven

Place the flatbread on a baking sheet and top with the cooked beef, onion, and bell pepper. Sprinkle with cheese.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Oven

Bake in the preheated oven for 5 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Remove from the oven and let cool for a few minutes. Cut into slices and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 25 g

Protein: 30 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	10 mg	66.67%	66.67%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	20 mg	181.82%	250%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

Vietnamese

Italian

French

American

Middle Eastern

Kitchen Tools

Slow Cooker

Blender

Mixer

Events

Picnic

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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