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## Kansas City (BBQ) Cheesesteak

The Kansas City (BBQ) Cheesesteak is a delicious sandwich that combines the flavors of a traditional cheesesteak with the smoky and tangy taste of Kansas City barbecue. It is typically made with thinly sliced beef, melted cheese, sautéed onions, and a tangy barbecue sauce. The sandwich is often served on a 7-inch roll and is a popular choice for lunch or dinner.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	thinly sliced beef
200 g	cheese
100 g	Onions
50 g	barbecue sauce

200 g rolls

## Directions

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### Step 1

Stove

Heat a skillet over medium heat and add the thinly sliced beef. Cook until browned and cooked through, about 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

Stove

Remove the beef from the skillet and set aside. In the same skillet, add the onions and cook until softened, about 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Stove

Return the beef to the skillet and add the barbecue sauce. Cook for an additional 2 minutes, until heated through.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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## Step 4

Oven

Slice the rolls in half and place the beef and onion mixture on the bottom half. Top with cheese and place under the broiler until the cheese is melted and bubbly.

**Prep Time:** 5 mins

**Cook Time:** 1 mins

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## Step 5

Remove from the oven and place the top half of the roll on the sandwich. Serve hot.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 450 kcal

**Fat:** 30 g

**Protein:** 20 g

**Carbohydrates: 30 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	10 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	30 g	107.14%	120%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
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	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

# Recipe Attributes

## Events

Barbecue

Picnic

## Kitchen Tools

Microwave

## Course

Salads

## Cuisines

American

## Cooking Method

Frying

Baking

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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