



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Philly CheeseSteak Grilled Sub

The Philly CheeseSteak Grilled Sub is a classic American sandwich made with thinly sliced steak, melted cheese, and sautéed onions and peppers. It originated in Philadelphia and is known for its delicious combination of flavors and textures. The sandwich is typically served on a grilled sub roll and can be enjoyed 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 steak
4 slices	provolone cheese
4 pieces	sub rolls
1 medium	onion

1 medium	Green Bell Pepper
2 tbsp	olive oil
1 teaspoon	salt
1 teaspoon	black pepper

Directions

Step 1

Stove

Heat olive oil in a skillet over medium heat.

Prep Time: 5 mins
Cook Time: 0 mins

Step 2

Stove

Add sliced onions and green peppers to the skillet and sauté until softened.

Prep Time: 5 mins
Cook Time: 10 mins

Step 3

Remove the onions and peppers from the skillet and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Stove

In the same skillet, cook the thinly sliced steak until browned and cooked to desired doneness.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Preheating

Preheat the grill.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Grill

Slice the sub rolls in half lengthwise and place them on the grill to toast.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Place the cooked steak on one half of each toasted sub roll.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Top the steak with sautéed onions and peppers.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Place a slice of provolone cheese on top of the onions and peppers.

Prep Time: 0 mins

Cook Time: 0 mins

Step 10

Grill

Close the sub rolls and return them to the grill to melt the cheese.

Prep Time: 0 mins

Cook Time: 2 mins

Step 11

Remove the Philly CheeseSteak Grilled Subs from the grill and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 20 g

Protein: 40 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	4 g	10.53%	16%
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	10 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	80 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	40 mcg	1666.67%	1666.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	30 mg	3%	3%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	30 mg	272.73%	375%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Microwave

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Supper

Events

Picnic

Course

Breads

Main Dishes

Side Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Diwali

Easter

Cost

Under \$10

Difficulty Level

Medium

Visit our website: healthdor.com