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Philly Cheese Steak Sandwich ♦♦

The Philly Cheese Steak Sandwich is a classic American sandwich made with thinly sliced beef, sautéed onions, and bell peppers, all topped with melted cheese. It originated in Philadelphia and is a popular street food in the city. This recipe is a modified version without dressing or cheese, making it a lighter and healthier option.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|-------|--------------------|
| 400 g | thinly sliced beef |
| 200 g | Onions |
| 200 g | Bell peppers |
| 1 tsp | salt |
| 1 tsp | black pepper |

2 tbsp olive oil

4 bread rolls
pieces

Directions

Step 1

Stove

Heat olive oil in a pan over medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add onions and bell peppers to the pan. Sauté until they are softened and slightly caramelized.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Push the onions and bell peppers to one side of the pan. Add the thinly sliced beef to the other side of the pan. Cook until the beef is browned and cooked through.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stove

Season with salt and black pepper. Mix everything together in the pan.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Oven

Slice the bread rolls in half and toast them if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Fill the bread rolls with the beef, onions, and bell peppers mixture.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serve the Philly Cheese Steak Sandwiches hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 12 g

Protein: 25 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 25 g | 147.06% | 147.06% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
|----------|-------|------------------------|--------------------------|

| | | | |
|---------------|------|--------|-----|
| Carbohydrates | 25 g | 45.45% | 50% |
| 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 | 6 g | N/A | N/A |
| Saturated Fat | 2 g | 9.09% | 11.76% |
| Fat | 12 g | 42.86% | 48% |
| 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 | 60 mg | 66.67% | 80% |
| Vitamin B6 | 20 mg | 1538.46% | 1538.46% |
| Vitamin B12 | 30 mcg | 1250% | 1250% |
| Vitamin E | 4 mg | 26.67% | 26.67% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 600 mg | 26.09% | 26.09% |
| Calcium | 8 mg | 0.8% | 0.8% |
| Iron | 20 mg | 250% | 111.11% |
| Potassium | 600 mg | 17.65% | 23.08% |
| Zinc | 15 mg | 136.36% | 187.5% |
| Selenium | 30 mcg | 54.55% | 54.55% |

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Middle Eastern

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Supper

Course

Appetizers

Main Dishes

Side Dishes

Salads

Sauces & Dressings

Cooking Method

Steaming

Cutting

Healthy For

Gastroesophageal reflux disease (GERD)

Peptic ulcer disease

Difficulty Level

Medium

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