



Barbecued Roast Beef Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup catsup
- 3 tablespoons vinegar white
- 2 tablespoons onion chopped
- 1 tablespoon worcestershire sauce
- 2 teaspoons brown sugar packed
- 0.3 teaspoon ground mustard
- 1 clove garlic finely chopped
- 1 lb pan drippings from roast beef preferably cooked thinly sliced cut into 1-inch strips (3 cups)

6 hawaiian rolls split

Equipment

sauce pan

Directions

In 1-quart saucepan, heat all sauce ingredients to boiling over medium heat, stirring constantly; reduce heat. Simmer uncovered 10 minutes, stirring occasionally.

Stir beef into sauce. Cover and simmer about 5 minutes or until beef is hot. Fill buns with beef mixture.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:12.99, Inflammation Score:-4, Nutrition Score:14.5230434445919%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 242.08kcal (12.1%), Fat: 4.38g (6.74%), Saturated Fat: 1.28g (7.97%), Carbohydrates: 29.61g (9.87%), Net Carbohydrates: 28.69g (10.43%), Sugar: 9.12g (10.14%), Cholesterol: 43.09mg (14.36%), Sodium: 1569.18mg (68.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.91g (41.81%), Vitamin C: 36.18mg (43.85%), Vitamin B3: 7.73mg (38.66%), Calcium: 283.11mg (28.31%), Selenium: 17.23µg (24.62%), Vitamin B12: 1.37µg (22.85%), Zinc: 3.1mg (20.67%), Phosphorus: 199.03mg (19.9%), Vitamin B6: 0.37mg (18.61%), Iron: 3.32mg (18.43%), Vitamin B1: 0.27mg (18.33%), Vitamin B2: 0.26mg (15.25%), Manganese: 0.29mg (14.6%), Folate: 50.12µg (12.53%), Potassium: 352.42mg (10.07%), Magnesium: 29.7mg (7.43%), Copper: 0.13mg (6.34%), Fiber: 0.91g (3.65%), Vitamin E: 0.42mg (2.77%), Vitamin K: 2.72µg (2.59%), Vitamin B5: 0.25mg (2.46%), Vitamin A: 105.41IU (2.11%)