BBQ Beef on Rye

READY IN	SERVINGS	CALORIES
10 min.	10	26 kcal

SIDE DISH

Ingredients

- [ ] 1 Tbsp original barbecue sauce kraft
- [ ] 1 tsp butter softened
- [ ] 1 Tbsp fried onions french canned
- [ ] 4 slices oscar mayer deli slow roasted roast beef fresh
- [ ] 2 slices cocktail rye bread
- [ ] 1 deli deluxe process sharp cheddar cheese kraft

Equipment

- [ ] frying pan

Directions

- [ ] Spread bread slices with barbecue sauce; fill with all remaining ingredients except butter.
- [ ] Spread outside of sandwich with butter.
- [ ] Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts

PROTEIN **10.42%** FAT **28.54%** CARBS **61.04%**

Properties

Glycemic Index:7.93, Glycemic Load:1.42, Inflammation Score:-1, Nutrition Score:0.91260869703863%

Nutrients (% of daily need)

Calories: 25.95kcal (1.3%), Fat: 0.82g (1.26%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.55g (1.29%), Sugar: 0.81g (0.9%), Cholesterol: 0.33mg (0.11%), Sodium: 70.12mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Selenium: 2.05µg (2.94%), Manganese: 0.05mg (2.75%), Vitamin B1: 0.03mg (1.89%), Folate: 7.14µg (1.78%), Fiber: 0.39g (1.55%), Vitamin B3: 0.28mg (1.42%), Vitamin B2: 0.02mg (1.38%), Iron: 0.2mg (1.11%)