



BBQ Beefwich

READY IN



5 min.

SERVINGS



5

CALORIES



60 kcal

SIDE DISH

Ingredients

- 1 Tbsp & spicy barbecue sauce thick kraft
- 0.3 cup lettuce shredded
- 2 onion rings red thin
- 1 onion sandwich roll split toasted
- 1 big pepper jack cheese kraft
- 6 slices oscar mayer deli slow roasted roast beef fresh

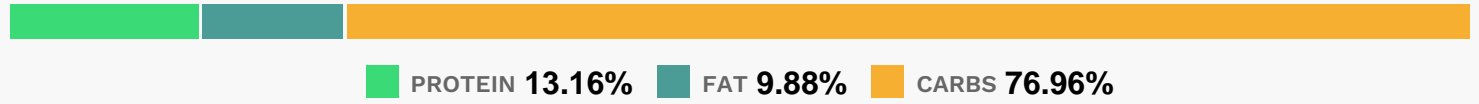
Equipment

- microwave

Directions

- Stack meat on microwaveable plate; top with cheese.
- Microwave on HIGH 30 sec. or until cheese is melted.
- Spread roll with sauce; fill with meat, onions and lettuce.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:0.94, Inflammation Score:-3, Nutrition Score:2.7691303988028%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg, Quercetin: 9mg

Nutrients (% of daily need)

Calories: 59.71kcal (2.99%), Fat: 0.66g (1.02%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 10.55g (3.84%), Sugar: 3.29g (3.66%), Cholesterol: 0.86mg (0.29%), Sodium: 118.54mg (5.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.99%), Selenium: 4.84µg (6.91%), Manganese: 0.12mg (5.99%), Vitamin B1: 0.08mg (5.2%), Folate: 20.8µg (5.2%), Vitamin C: 3.95mg (4.79%), Fiber: 1.1g (4.39%), Vitamin B6: 0.07mg (3.32%), Vitamin B2: 0.06mg (3.27%), Vitamin B3: 0.65mg (3.25%), Iron: 0.53mg (2.97%), Phosphorus: 29mg (2.9%), Calcium: 27.79mg (2.78%), Potassium: 94.73mg (2.71%), Magnesium: 8.56mg (2.14%), Copper: 0.04mg (2.01%), Zinc: 0.24mg (1.63%), Vitamin K: 1.47µg (1.4%), Vitamin B5: 0.11mg (1.15%)