



Be-My-BBQ Beef

READY IN



5 min.

SERVINGS



1

CALORIES



159 kcal

SIDE DISH

Ingredients

- 1 Tbsp honey barbecue sauce sweet kraft
- 1 romaine leaves
- 1 milk singles 2% kraft
- 6 slices oscar mayer deli slow roasted roast beef fresh cut into thin strips
- 1 hawaiian rolls whole wheat

Equipment

Directions

- Toss meat with barbecue sauce.
- Fill bun with lettuce, meat and 2% Milk Singles.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:9.5882608631383%

Nutrients (% of daily need)

Calories: 158.89kcal (7.94%), Fat: 3.04g (4.67%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 25.69g (9.34%), Sugar: 8.75g (9.72%), Cholesterol: 3.5mg (1.17%), Sodium: 478.69mg (20.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.07%), Vitamin A: 1816.06IU (36.32%), Manganese: 0.55mg (27.57%), Selenium: 15.1µg (21.57%), Vitamin B1: 0.24mg (15.96%), Folate: 60.01µg (15%), Vitamin B3: 2.66mg (13.28%), Iron: 2.23mg (12.38%), Vitamin B2: 0.18mg (10.72%), Vitamin C: 7.12mg (8.64%), Fiber: 2.1g (8.41%), Phosphorus: 77.76mg (7.78%), Calcium: 75mg (7.5%), Magnesium: 26.5mg (6.63%), Copper: 0.11mg (5.68%), Zinc: 0.77mg (5.14%), Vitamin B6: 0.1mg (5.13%), Potassium: 176.2mg (5.03%), Vitamin B5: 0.27mg (2.71%), Vitamin B12: 0.11µg (1.86%), Vitamin K: 1.7µg (1.62%), Vitamin E: 0.24mg (1.6%)