



Beef-and-Arugula Ciabatta Sandwiches

READY IN



25 min.

SERVINGS



8

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula loosely packed
- ☐ 12 oz individual ciabatta rolls frozen
- ☐ 0.5 lb havarti cheese
- ☐ 3 tablespoons pepper jelly red
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 lb rare deli roast beef

Equipment

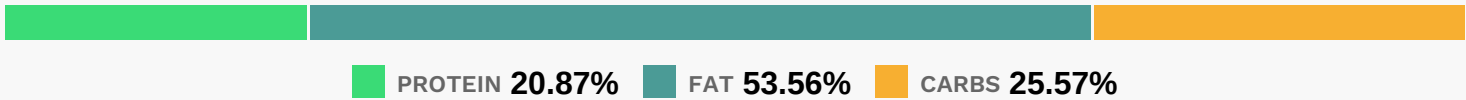
- ☐ baking sheet

- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Whisk together first 2 ingredients.
- ☐ Place rolls on a baking sheet.
- ☐ Bake at 400 for 5 minutes or until lightly toasted but still soft.
- ☐ Let cool 10 minutes; split rolls.
- ☐ Spread cut sides of rolls with mayonnaise mixture.
- ☐ Layer bottom roll halves with beef, folding slices as needed to fit rolls. Top each with cheese, arugula, and remaining roll halves, mayonnaise mixture sides down.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:8.8869564714639%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 325.51kcal (16.28%), Fat: 19.4g (29.85%), Saturated Fat: 7.06g (44.12%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 20.22g (7.35%), Sugar: 0.33g (0.37%), Cholesterol: 46.99mg (15.66%), Sodium: 939.46mg (40.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.01g (34.02%), Vitamin K: 28.44µg (27.09%), Calcium: 260.82mg (26.08%), Vitamin C: 18.11mg (21.96%), Phosphorus: 211.41mg (21.14%), Vitamin B12: 0.89µg (14.83%), Zinc: 2.21mg (14.74%), Vitamin B3: 2.18mg (10.92%), Vitamin A: 461.76IU (9.24%), Vitamin B2: 0.14mg (8.14%), Vitamin B6: 0.15mg (7.69%), Folate: 26.74µg (6.69%), Selenium: 4.65µg (6.64%), Vitamin E: 0.73mg (4.86%), Iron: 0.76mg (4.21%), Magnesium: 16.49mg (4.12%), Potassium: 127.01mg (3.63%), Copper: 0.05mg (2.56%), Fiber: 0.62g (2.48%), Vitamin B5: 0.24mg (2.38%), Vitamin B1: 0.03mg (2.16%), Manganese: 0.04mg (2.15%)