



Beef and Blue Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp roka cheese dressing blue kraft
- 6 slices oscar mayer deli slow roasted roast beef fresh
- 2 romaine lettuce leaves
- 2 slices bread whole wheat

Equipment

Directions

- Spread 1 of the bread slices with dressing.

Top with lettuce and meat; cover with remaining bread slice.

Nutrition Facts



Properties

Glycemic Index:13.94, Glycemic Load:2.9, Inflammation Score:-6, Nutrition Score:3.7826087513696%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 34.76kcal (1.74%), Fat: 0.69g (1.06%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 4.38g (1.59%), Sugar: 0.71g (0.79%), Cholesterol: 0.71mg (0.24%), Sodium: 97.53mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin A: 975.95IU (19.52%), Manganese: 0.26mg (12.84%), Vitamin K: 12.52µg (11.92%), Folate: 20.14µg (5.03%), Selenium: 3.06µg (4.38%), Fiber: 0.91g (3.63%), Vitamin B1: 0.05mg (3.53%), Phosphorus: 31.91mg (3.19%), Vitamin B3: 0.62mg (3.11%), Calcium: 27.98mg (2.8%), Magnesium: 10.65mg (2.66%), Iron: 0.44mg (2.42%), Vitamin B6: 0.04mg (1.89%), Zinc: 0.27mg (1.82%), Vitamin B2: 0.03mg (1.8%), Potassium: 59.17mg (1.69%), Copper: 0.03mg (1.59%), Vitamin C: 1mg (1.21%)