



WHATSHEATE



HEALTH SCORE

56%

Beef and Blue Sandwiches with Caramelized Onions

READY IN



44 min.

SERVINGS



1

CALORIES



4539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 50 ounce bread dough frozen with rich's)
- ☐ 1 serving caramelized onions
- ☐ 1 serving cheese blue
- ☐ 1.5 pounds roast beef with boar's head)

Equipment

- ☐ oven

Directions

- ☐ Prepare rolls, and bake according to package directions; cool completely.
- ☐ Slice rolls in half; spread tops and bottoms of rolls with Blue Cheese
- ☐ Spread.
- ☐ Place roast beef on bottoms of rolls; top beef with Caramelized Onions. Cover with tops.
- ☐ Rolls, Blue Cheese
- ☐ Spread, and Caramelized Onions can be made a day ahead. Assemble sandwiches no more than 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:0.5, Inflammation Score:-8, Nutrition Score:52.523043518481%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 4539.39kcal (226.97%), Fat: 73.97g (113.8%), Saturated Fat: 13.78g (86.13%), Carbohydrates: 670.78g (223.59%), Net Carbohydrates: 642.89g (233.78%), Sugar: 0.79g (0.87%), Cholesterol: 410.32mg (136.77%), Sodium: 17251.98mg (750.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 237.44g (474.87%), Vitamin C: 307.28mg (372.47%), Vitamin B3: 50.88mg (254.38%), Calcium: 2066.94mg (206.69%), Vitamin B12: 11.93µg (198.88%), Zinc: 25.39mg (169.24%), Phosphorus: 1433.6mg (143.36%), Vitamin B6: 2.79mg (139.47%), Fiber: 27.9g (111.58%), Iron: 14.41mg (80.07%), Selenium: 50.01µg (71.44%), Potassium: 2003.79mg (57.25%), Vitamin B2: 0.96mg (56.21%), Magnesium: 151.28mg (37.82%), Vitamin B5: 2.58mg (25.78%), Copper: 0.49mg (24.71%), Vitamin B1: 0.32mg (21.45%), Folate: 75.57µg (18.89%), Manganese: 0.15mg (7.57%), Vitamin A: 229.2IU (4.58%)