



Beef and Mushroom Melts

READY IN



35 min.

SERVINGS



6

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 90% (at least)
- 2 tablespoons onion finely chopped
- 2 teaspoons worcestershire sauce
- 4 oz mushroom stems and pieces drained canned
- 4 oz swiss cheese shredded
- 14 oz bread split french baguette-style (16 inches long)
- 2 oz swiss cheese shredded

Equipment

- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 450°F. Line 15x10x1-inch pan with foil. In 10-inch nonstick skillet, cook ground beef and onion over medium-high heat, stirring frequently, until beef is thoroughly cooked; drain. Stir in Worcestershire, mushrooms and 1 cup cheese.
- Spoon beef mixture evenly onto baguette halves, spreading mixture to edges.
- Cut each half into 3 sections.
- Place sandwiches in pan; cover with additional foil.
- Bake 15 minutes.
- Remove cover; top with 1/2 cup cheese.
- Bake 5 minutes longer or until cheese is melted.

Nutrition Facts

PROTEIN 31.06% **FAT 32.3%** **CARBS 36.64%**

Properties

Glycemic Index:26.92, Glycemic Load:26.64, Inflammation Score:-5, Nutrition Score:19.724348006041%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 408.37kcal (20.42%), Fat: 14.48g (22.27%), Saturated Fat: 7.29g (45.55%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 35.29g (12.83%), Sugar: 3.7g (4.11%), Cholesterol: 73.99mg (24.66%), Sodium: 589.25mg (25.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.33g (62.65%), Selenium: 40.63µg (58.05%), Vitamin B12: 2.55µg (42.49%), Zinc: 5.78mg (38.56%), Phosphorus: 384.03mg (38.4%), Vitamin B3: 7.38mg (36.88%), Vitamin B1: 0.51mg (33.78%), Calcium: 311.73mg (31.17%), Vitamin B2: 0.49mg (29.03%), Iron: 4.54mg (25.2%), Folate: 88.49µg (22.12%), Vitamin B6: 0.39mg (19.55%), Manganese: 0.36mg (17.99%), Potassium: 498.84mg (14.25%), Magnesium: 47.75mg (11.94%), Copper: 0.18mg (8.87%), Vitamin B5: 0.83mg (8.32%), Fiber:

1.66g (6.65%), Vitamin A: 236.95IU (4.74%), Vitamin E: 0.52mg (3.49%), Vitamin K: 1.12µg (1.07%)