



Beef and Mushroom Melts

READY IN



35 min.

SERVINGS



6

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 450F. 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 31.7% **FAT 32.13%** **CARBS 36.17%**

Properties

Glycemic Index:32.25, Glycemic Load:26.78, Inflammation Score:-5, Nutrition Score:20.620000041049%

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: 401.94kcal (20.1%), Fat: 14.24g (21.9%), Saturated Fat: 7.22g (45.13%), Carbohydrates: 36.05g (12.02%), Net Carbohydrates: 34.35g (12.49%), Sugar: 3.77g (4.19%), Cholesterol: 73.24mg (24.41%), Sodium: 527.64mg (22.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.6g (63.21%), Selenium: 42.39µg (60.56%), Vitamin B12: 2.56µg (42.62%), Vitamin B3: 8.06mg (40.29%), Phosphorus: 400.29mg (40.03%), Zinc: 5.88mg (39.22%), Vitamin B1: 0.52mg (34.8%), Vitamin B2: 0.57mg (33.5%), Calcium: 296.99mg (29.7%), Iron: 4.63mg (25.72%), Folate: 91.7µg (22.93%), Vitamin B6: 0.41mg (20.53%), Manganese: 0.37mg (18.44%), Potassium: 440.06mg (12.57%), Magnesium: 49.45mg (12.36%), Copper: 0.24mg (11.87%), Vitamin B5: 1.11mg (11.15%), Fiber: 1.7g (6.8%),

Vitamin A: 236.95IU (4.74%), Vitamin E: 0.52mg (3.5%), Vitamin C: 0.9mg (1.1%), Vitamin K: 1.12µg (1.07%)