



## Beef and Slaw Sandwiches

READY IN



10 min.

SERVINGS



10

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

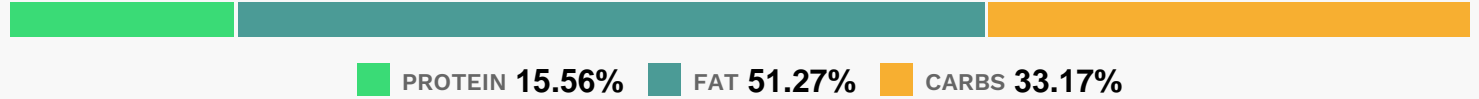
- 8 slices oscar mayer bacon cooked
- 2 cups coleslaw blend (cabbage slaw mix)
- 0.3 cup miracle whip dressing
- 0.1 tsp pepper
- 8 slices pumpernickel bread
- 16 slices oscar mayer deli slow roasted roast beef fresh
- 4 slim cut swiss cheese kraft
- 1 tomatoes cut into 4 slices

# Equipment

## Directions

- Combine coleslaw blend, dressing and pepper.
- Fill bread slices with coleslaw and remaining ingredients to make 4 sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:19.7, Glycemic Load:6.24, Inflammation Score:-3, Nutrition Score:7.2665217428104%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 177.17kcal (8.86%), Fat: 10.15g (15.62%), Saturated Fat: 3.76g (23.47%), Carbohydrates: 14.78g (4.93%), Net Carbohydrates: 12.49g (4.54%), Sugar: 1.56g (1.74%), Cholesterol: 19.43mg (6.48%), Sodium: 359.12mg (15.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.87%), Manganese: 0.38mg (18.81%), Selenium: 12.01µg (17.15%), Phosphorus: 119.98mg (12%), Vitamin K: 11.95µg (11.38%), Vitamin B1: 0.15mg (9.79%), Fiber: 2.29g (9.16%), Vitamin C: 7.53mg (9.13%), Calcium: 90.61mg (9.06%), Vitamin B3: 1.73mg (8.64%), Folate: 32.43µg (8.11%), Vitamin B2: 0.12mg (7.23%), Zinc: 0.99mg (6.59%), Vitamin B6: 0.12mg (5.88%), Magnesium: 21.59mg (5.4%), Vitamin B12: 0.32µg (5.34%), Iron: 0.96mg (5.32%), Copper: 0.1mg (4.77%), Potassium: 153.81mg (4.39%), Vitamin A: 183.67IU (3.67%), Vitamin B5: 0.28mg (2.76%), Vitamin E: 0.31mg (2.08%)