



 6%
HEALTH SCORE

Beef Crostini Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup parsley fresh packed
- 1 loaf bread crumbs italian
- 0.3 cup olive oil
- 2 tablespoons parmesan cheese grated
- 0.8 cup onion red thinly sliced
- 0.8 pound roast beef thinly sliced
- 3 tablespoons soya sauce

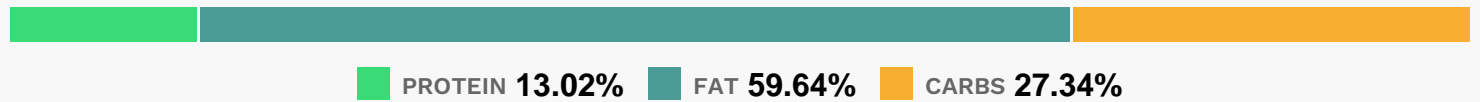
Equipment

- bowl
- baking sheet

Directions

- Thoroughly blend oil and lite soy sauce; remove and reserve 1/4 cup.
- Pour remaining mixture over onion and parsley in small bowl; stir to coat all pieces well.
- Let stand 15 minutes, stirring occasionally.
- Meanwhile, cut bread into 12 slices, each 1/2 inch thick. Lightly brush both sides of bread with reserved soy sauce mixture; place on large baking sheet.
- Broil 1 to 2 minutes on each side, or until golden.
- Drain onion mixture; set aside. Cover each bread slice with roast beef and then onion mixture.
- Sprinkle cheese evenly over onion mixture; serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.53, Inflammation Score:-6, Nutrition Score:16.236956484778%

Flavonoids

Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 617.63kcal (30.88%), Fat: 41.17g (63.34%), Saturated Fat: 17.11g (106.92%), Carbohydrates: 42.47g (14.16%), Net Carbohydrates: 39.25g (14.27%), Sugar: 24.37g (27.08%), Cholesterol: 33.77mg (11.26%), Sodium: 1669.17mg (72.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.45%), Vitamin K: 89.33µg (85.08%), Vitamin C: 33.64mg (40.78%), Vitamin B3: 8.06mg (40.28%), Iron: 3.42mg (18.98%), Calcium: 186.91mg (18.69%), Phosphorus: 168.33mg (16.83%), Folate: 65.84µg (16.46%), Vitamin B12: 0.99µg (16.44%), Zinc: 2.4mg (15.97%), Vitamin B6: 0.27mg (13.73%), Fiber: 3.22g (12.88%), Vitamin E: 1.78mg (11.85%), Potassium: 401.76mg (11.48%), Vitamin B1: 0.15mg (10.03%), Vitamin B2: 0.17mg (9.85%), Vitamin A: 436.02IU (8.72%), Magnesium: 33.43mg (8.36%), Selenium: 4.56µg (6.51%), Manganese: 0.09mg (4.54%), Copper: 0.07mg (3.39%), Vitamin B5: 0.25mg

(2.54%)