



## Beef on Weck

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups au jus mix prepared
- 2 teaspoons caraway seeds
- 0.3 cup horseradish prepared
- 2 teaspoons kosher salt
- 2 pounds roast beef thinly sliced
- 6 portugese rolls split

### Equipment

- baking sheet

sauce pan

oven

## Directions

Preheat the oven to 300 degrees F (150 degrees C).

Warm the au jus sauce in a saucepan over medium heat.

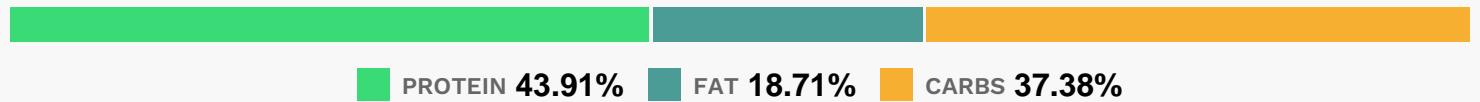
Add the roast beef and let it warm up at the same time. While the meat is soaking, place the rolls on a baking sheet with the cut side down.

Brush the tops lightly with water and sprinkle with salt and caraway seeds.

Bake in the preheated oven until rolls are toasted, about 10 minutes.

Serve the sliced beef on the rolls with the au jus and horseradish on the side.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:23.24, Inflammation Score:-4, Nutrition Score:20.97782634798%

## Nutrients (% of daily need)

Calories: 371.14kcal (18.56%), Fat: 7.66g (11.78%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 32.79g (11.92%), Sugar: 5.13g (5.7%), Cholesterol: 86.18mg (28.73%), Sodium: 3845.51mg (167.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.45g (80.9%), Vitamin C: 70.67mg (85.66%), Iron: 13.98mg (77.68%), Vitamin B3: 11.3mg (56.48%), Calcium: 440.42mg (44.04%), Vitamin B12: 2.57µg (42.84%), Zinc: 5.58mg (37.2%), Vitamin B6: 0.61mg (30.72%), Phosphorus: 298.7mg (29.87%), Selenium: 10.49µg (14.99%), Potassium: 457.12mg (13.06%), Vitamin B2: 0.19mg (11.23%), Magnesium: 36.19mg (9.05%), Fiber: 1.65g (6.59%), Copper: 0.12mg (5.92%), Folate: 19.53µg (4.88%), Vitamin B1: 0.07mg (4.76%), Vitamin B5: 0.46mg (4.63%), Manganese: 0.05mg (2.6%)