



## Beef Rolls with Mustard-Horseradish Cream

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



284 kcal

### Ingredients

- 6 servings mustard-horseradish cream
- 1 medium onion halved sliced
- 1 pound pan drippings from roast beef preferably thinly sliced
- 6 romaine lettuce leaves
- 6 sandwich rolls split toasted
- 1 teaspoon vegetable oil
- 1 bell pepper yellow halved sliced

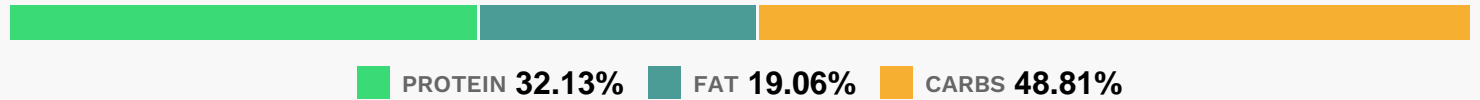
### Equipment

- frying pan

## Directions

- Saut onion and bell pepper in hot oil in a skillet over medium heat 2 minutes or until tender.
- Spread cut sides of each roll with 1 tablespoon Mustard-Horseradish Cream. Top bottom half of each roll evenly with lettuce, onion, bell pepper, and roast beef. Spoon remaining Mustard-Horseradish Cream evenly over beef; top with remaining rolls.

## Nutrition Facts



## Properties

Glycemic Index:10.33, Glycemic Load:0.52, Inflammation Score:-9, Nutrition Score:22.784347938455%

## Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

## Nutrients (% of daily need)

Calories: 284.21kcal (14.21%), Fat: 6.03g (9.27%), Saturated Fat: 1.4g (8.73%), Carbohydrates: 34.72g (11.57%), Net Carbohydrates: 32.16g (11.7%), Sugar: 2.52g (2.8%), Cholesterol: 43.09mg (14.36%), Sodium: 1472.21mg (64.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.85g (45.7%), Vitamin C: 74.14mg (89.86%), Vitamin A: 2478.93IU (49.58%), Vitamin B3: 8.34mg (41.69%), Selenium: 27.76µg (39.65%), Vitamin K: 30.56µg (29.1%), Calcium: 284.26mg (28.43%), Folate: 110.6µg (27.65%), Zinc: 3.44mg (22.9%), Vitamin B1: 0.34mg (22.74%), Phosphorus: 222.93mg (22.29%), Iron: 3.88mg (21.55%), Vitamin B12: 1.29µg (21.42%), Vitamin B6: 0.4mg (20.1%), Manganese: 0.37mg (18.66%), Vitamin B2: 0.31mg (18.49%), Potassium: 423.51mg (12.1%), Fiber: 2.55g (10.22%), Magnesium: 40.75mg (10.19%), Copper: 0.19mg (9.53%), Vitamin B5: 0.56mg (5.61%), Vitamin E: 0.34mg (2.28%)