



## Big-City Beef Sandwich

READY IN



15 min.

SERVINGS



15

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 baguette split (3 inch)
- 1 Tbsp balsamic vinaigrette dressing kraft
- 1 Tbsp miracle whip dressing
- 0.5 cup pepper strips red
- 6 slices oscar mayer deli slow roasted roast beef fresh
- 1 Tbsp roasted garlic
- 1 extra swiss cheese kraft thin

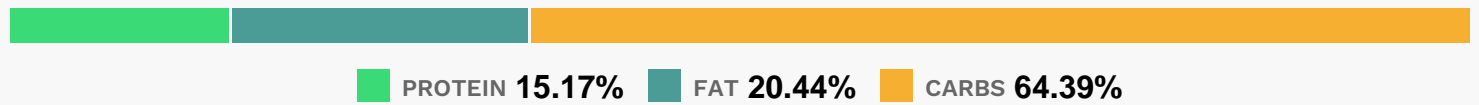
## Equipment

- frying pan
- microwave

## Directions

- Cook and stir peppers in dressing in skillet on medium heat 5 min. or until crisp-tender.
- Stack meat on microwaveable plate; top with cheese. Microwave on HIGH 30 sec. or until cheese is melted.
- Mix MIRACLE WHIP and garlic; spread onto cut sides of baguette. Fill with meat and peppers.

## Nutrition Facts



## Properties

Glycemic Index:10.72, Glycemic Load:5.62, Inflammation Score:-2, Nutrition Score:2.6778260650842%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 54.75kcal (2.74%), Fat: 1.23g (1.9%), Saturated Fat: 0.34g (2.16%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 8.26g (3%), Sugar: 1.14g (1.27%), Cholesterol: 1.38mg (0.46%), Sodium: 128.81mg (5.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Vitamin C: 6.7mg (8.13%), Vitamin B1: 0.1mg (6.74%), Folate: 20.27µg (5.07%), Selenium: 3.32µg (4.74%), Manganese: 0.09mg (4.6%), Vitamin B3: 0.84mg (4.2%), Vitamin B2: 0.06mg (3.66%), Iron: 0.62mg (3.43%), Vitamin A: 165.7IU (3.31%), Calcium: 30.18mg (3.02%), Phosphorus: 25.27mg (2.53%), Vitamin B6: 0.04mg (2.04%), Fiber: 0.49g (1.94%), Zinc: 0.21mg (1.43%), Magnesium: 5.52mg (1.38%), Copper: 0.02mg (1.17%), Potassium: 35.73mg (1.02%)