



Bistro Beef Baguette

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



142 kcal

Ingredients

- 0.5 cup arugula
- 1 piece bread baguette french (4 inch)
- 0.3 cup caramelized onions
- 0.5 tsp horseradish prepared kraft
- 1 Tbsp real mayo mayonnaise kraft
- 6 slices oscar mayer natural slow roasted roast beef
- 2 slices tomatoes

Equipment

Directions

- Mix mayo and horseradish until blended.
- Spread onto cut sides of baguette.
- Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:16.2, Inflammation Score:-3, Nutrition Score:7.375652200016%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 142.05kcal (7.1%), Fat: 2.61g (4.02%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 21.64g (7.21%), Net Carbohydrates: 20.57g (7.48%), Sugar: 2.29g (2.54%), Cholesterol: 10.16mg (3.39%), Sodium: 504.23mg (21.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.24%), Vitamin B1: 0.3mg (19.79%), Selenium: 12.64µg (18.05%), Vitamin B3: 3.22mg (16.1%), Folate: 53.84µg (13.46%), Manganese: 0.23mg (11.51%), Vitamin B2: 0.2mg (11.49%), Iron: 1.96mg (10.9%), Vitamin C: 8.95mg (10.85%), Phosphorus: 78.32mg (7.83%), Calcium: 71.59mg (7.16%), Zinc: 1.05mg (7%), Vitamin B6: 0.12mg (6.12%), Vitamin B12: 0.29µg (4.79%), Magnesium: 18.06mg (4.52%), Fiber: 1.07g (4.28%), Copper: 0.08mg (3.96%), Vitamin K: 4.07µg (3.88%), Potassium: 119.83mg (3.42%), Vitamin B5: 0.2mg (2.03%), Vitamin A: 69.73IU (1.39%), Vitamin E: 0.16mg (1.09%)