



## Bistro Beef & Jack Sandwich

READY IN



20 min.

SERVINGS



20

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup baby spinach leaves loosely packed
- 4 tsp balsamic vinaigrette dressing divided kraft
- 2 big colby jack cheese kraft
- 1 tsp grey poupon dijon mustard
- 6 mushrooms fresh sliced
- 1 Tbsp mayo homestyle real mayonnaise kraft
- 4 slices multi-grain bread toasted
- 1 small onion red separated sliced
- 0.3 lb pan drippings from roast beef preferably sliced

# Equipment

frying pan

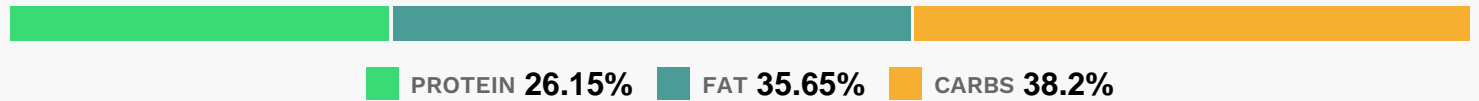
# Directions

Combine onions and 1 Tbsp. dressing; let stand 10 min.

Meanwhile, cook mushrooms in remaining dressing in skillet on medium-high heat 10 min. or until tender.

Spread toast slices with mayo, then mustard. Fill with spinach, onions, meat, mushrooms and cheese to make 2 sandwiches.

# Nutrition Facts



# Properties

Glycemic Index:12.13, Glycemic Load:1.61, Inflammation Score:-1, Nutrition Score:2.4269565110621%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

# Nutrients (% of daily need)

Calories: 33.63kcal (1.68%), Fat: 1.35g (2.08%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 3.25g (1.08%), Net Carbohydrates: 2.74g (1%), Sugar: 0.64g (0.71%), Cholesterol: 3.62mg (1.21%), Sodium: 128.38mg (5.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Manganese: 0.14mg (6.92%), Vitamin K: 5.21µg (4.96%), Vitamin B3: 0.9mg (4.5%), Vitamin C: 3.3mg (4%), Selenium: 2.53µg (3.62%), Phosphorus: 30.81mg (3.08%), Calcium: 28.19mg (2.82%), Vitamin B2: 0.04mg (2.59%), Vitamin B6: 0.05mg (2.47%), Zinc: 0.35mg (2.36%), Vitamin B1: 0.03mg (2.2%), Fiber: 0.52g (2.07%), Copper: 0.04mg (1.96%), Iron: 0.33mg (1.84%), Magnesium: 7.34mg (1.83%), Potassium: 61.81mg (1.77%), Vitamin B12: 0.1µg (1.67%), Folate: 6.46µg (1.61%), Vitamin B5: 0.15mg (1.55%), Vitamin A: 72.23IU (1.44%)