



Cheesy BBQ Beef Sandwiches

READY IN



20 min.

SERVINGS



20

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 4 big colby jack cheese kraft
- 0.5 cup pasilla peppers green chopped
- 1 Tbsp oil
- 0.5 cup onion thin
- 16 slices oscar mayer deli slow roasted roast beef fresh chopped
- 4 kaiser rolls split

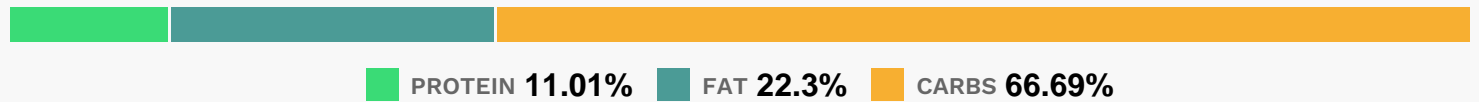
Equipment

- frying pan
- microwave

Directions

- Heat oil in large skillet on medium-high heat.
- Add vegetables; cook 6 to 8 min. or until crisp-tender, stirring occasionally.
- Remove from skillet; set aside.
- Add meat and barbecue sauce to skillet; cook on medium heat 2 to 3 min. or until heated through, stirring frequently.
- Spoon meat mixture onto bottom halves of rolls; top with cheese and vegetables. Microwave on HIGH 30 sec. or until cheese is melted. Cover sandwiches with top halves of rolls to serve.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:4.69, Inflammation Score:-1, Nutrition Score:1.1908695714791%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 51.08kcal (2.55%), Fat: 1.27g (1.95%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 8.14g (2.96%), Sugar: 2.31g (2.57%), Cholesterol: 0.65mg (0.22%), Sodium: 108.85mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Iron: 2.19mg (12.18%), Vitamin C: 3.67mg (4.45%), Fiber: 0.38g (1.51%), Vitamin E: 0.17mg (1.11%)