



WHATSheATE



Cheesy Hot Beef Sandwiches

READY IN



45 min.

SERVINGS



8

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb ground beef 90% (at least)
- ☐ 1 envelope onion soup mix dry french (from 2.6-oz package)
- ☐ 0.3 cup water
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 8 oz monterrey jack cheese shredded
- ☐ 1 lb bread french

Equipment

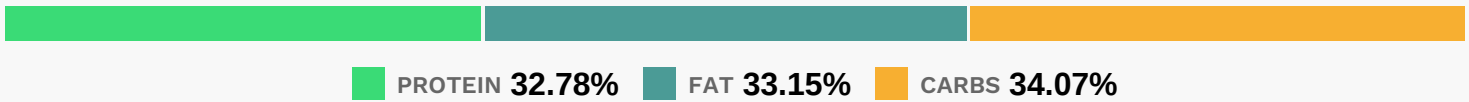
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F.
- ☐ Cut 26x18-inch piece of heavy duty foil. In 12-inch nonstick skillet, cook ground beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
- ☐ Add soup mix, water, bell pepper and parsley. Cook 2 to 3 minutes or until thoroughly heated. Stir in cheese until melted.
- ☐ Cut 1/2 inch lengthwise slice from top of French bread; set aside. With fork, remove inside of bread, leaving 1/2 inch around edges.
- ☐ Place loaf on foil. If desired, reserve bread pieces for another use. Fill indentation in bread with ground beef mixture.
- ☐ Place top of bread over ground beef. Wrap loaf in foil.
- ☐ Place on cookie sheet.
- ☐ Bake 20 to 25 minutes or until thoroughly heated. For sandwiches, cut loaf into 8 crosswise sections.

Nutrition Facts



Properties

Glycemic Index:17.44, Glycemic Load:22.75, Inflammation Score:-5, Nutrition Score:19.46434781344%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 391.49kcal (19.57%), Fat: 14.24g (21.91%), Saturated Fat: 7.63g (47.71%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 31.33g (11.39%), Sugar: 3g (3.34%), Cholesterol: 77.96mg (25.99%), Sodium: 970.04mg

(42.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.68g (63.36%), Selenium: 35.38µg (50.54%), Zinc: 5.84mg (38.91%), Vitamin B3: 7.52mg (37.59%), Phosphorus: 364.93mg (36.49%), Vitamin B12: 2.14µg (35.67%), Vitamin B1: 0.46mg (30.43%), Vitamin B2: 0.5mg (29.66%), Calcium: 257.38mg (25.74%), Iron: 4.57mg (25.39%), Vitamin B6: 0.45mg (22.32%), Folate: 80.62µg (20.15%), Manganese: 0.34mg (17.18%), Vitamin K: 17.83µg (16.98%), Potassium: 425.16mg (12.15%), Magnesium: 48.08mg (12.02%), Copper: 0.18mg (9.05%), Vitamin B5: 0.84mg (8.42%), Fiber: 1.61g (6.44%), Vitamin A: 303IU (6.06%), Vitamin E: 0.44mg (2.97%), Vitamin C: 1.5mg (1.82%), Vitamin D: 0.26µg (1.7%)