



Cheesy Onion-Topped Beef Sandwiches

READY IN



35 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 pepper rings frozen (from 9-oz. pkg.)
- ☐ 2 inch sourdough bread
- ☐ 2 tablespoons mustard
- ☐ 0.5 lb pan drippings from roast beef preferably cooked thinly sliced (from deli)
- ☐ 0.5 teaspoon highest available proof grain spirit
- ☐ 1 medium tomatoes thinly sliced
- ☐ 4 oz monterrey jack cheese

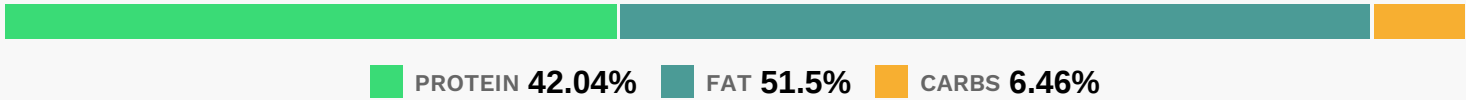
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400°F.
- ☐ Bake onion rings on ungreased large cookie sheet as directed on package.
- ☐ Meanwhile, toast bread.
- ☐ Spread each toasted bread slice with mustard–mayonnaise sauce. Top each with beef; sprinkle with garlic–pepper blend. Top each with tomato slices.
- ☐ Remove cookie sheet from oven. Push onion rings to one side of cookie sheet.
- ☐ Place sandwiches on cookie sheet; top each with cheese slice and onion rings.
- ☐ Return to oven; bake an additional 6 to 8 minutes or until sandwiches are thoroughly heated and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:58.38, Glycemic Load:1.14, Inflammation Score:-5, Nutrition Score:11.597391315128%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 189.55kcal (9.48%), Fat: 10.93g (16.81%), Saturated Fat: 6.13g (38.31%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.13g (1.26%), Cholesterol: 57.55mg (19.18%), Sodium: 1116.38mg (48.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.13%), Calcium: 378.83mg (37.88%), Vitamin C: 29.76mg (36.07%), Phosphorus: 254.78mg (25.48%), Vitamin B3: 4.57mg (22.83%), Zinc: 3.05mg (20.32%), Vitamin B12: 1.2µg (19.99%), Selenium: 10.84µg (15.49%), Vitamin B6: 0.28mg (14.14%), Vitamin B2: 0.2mg (11.65%), Vitamin A: 479.6IU (9.59%), Iron: 1.66mg (9.22%), Potassium: 269.96mg (7.71%), Magnesium: 28.04mg (7.01%), Manganese: 0.1mg (4.75%), Folate: 17.55µg (4.39%), Vitamin B1: 0.06mg (4.34%), Copper: 0.08mg (3.88%), Vitamin K: 3.27µg (3.12%), Fiber: 0.76g (3.03%), Vitamin B5: 0.29mg (2.9%), Vitamin E: 0.27mg (1.82%), Vitamin D: 0.17µg (1.13%)