



Cheesy Roast Beef Melt

READY IN



5 min.

SERVINGS



1

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp grey poupon dijon mustard
- 1 Tbsp miracle whip dressing light
- 1 onion sandwich roll split
- 6 slices oscar mayer deli slow roasted roast beef fresh
- 1 milk sharp cheddar singles 2% kraft

Equipment

- paper towels
- microwave

Directions

- Spread cut sides of roll with dressing, then mustard. Fill with 2% Milk Singles and meat.
- Wrap sandwich in paper towel.
- Microwave on HIGH 30 to 35 sec. or until 2% Milk Singles are melted.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:7.6104347942316%

Nutrients (% of daily need)

Calories: 194.78kcal (9.74%), Fat: 3.6g (5.54%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 32.83g (10.94%), Net Carbohydrates: 31g (11.27%), Sugar: 2.73g (3.03%), Cholesterol: 5.86mg (1.95%), Sodium: 588mg (25.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.85%), Selenium: 24.67µg (35.25%), Vitamin B1: 0.28mg (18.99%), Vitamin B3: 2.89mg (14.46%), Manganese: 0.28mg (14.21%), Folate: 55.26µg (13.81%), Vitamin B2: 0.21mg (12.15%), Iron: 2.1mg (11.64%), Calcium: 82.13mg (8.21%), Phosphorus: 79.36mg (7.94%), Fiber: 1.83g (7.32%), Zinc: 0.82mg (5.47%), Copper: 0.1mg (5.06%), Magnesium: 19.32mg (4.83%), Vitamin C: 2.72mg (3.3%), Vitamin B5: 0.27mg (2.71%), Potassium: 94.47mg (2.7%), Vitamin B6: 0.05mg (2.4%), Vitamin B12: 0.11µg (1.88%), Vitamin E: 0.26mg (1.76%)