



Chipotle Beef Sandwich

READY IN



10 min.

SERVINGS



1

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tsp butter softened
- 1 Tbsp fried onions french canned
- 2 slices multi-grain bread
- 1 Tbsp mayo chipotle reduced fat mayonnaise kraft flavored
- 2 oz oscar mayer natural slow roasted roast beef
- 1 big sharp cheddar cheese kraft

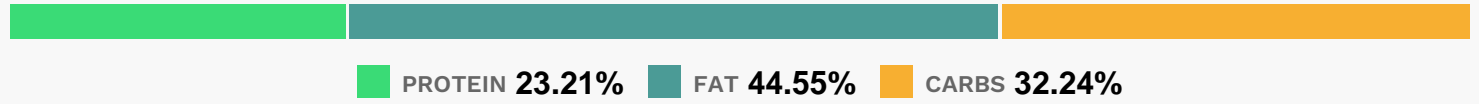
Equipment

- frying pan

Directions

- Spread bread slices with aioli; fill with all remaining ingredients except butter.
- Spread outside of sandwich with butter.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:96.7, Glycemic Load:14.49, Inflammation Score:-5, Nutrition Score:16.501304420764%

Nutrients (% of daily need)

Calories: 337.14kcal (16.86%), Fat: 16.69g (25.67%), Saturated Fat: 4.06g (25.39%), Carbohydrates: 27.17g (9.06%), Net Carbohydrates: 23.81g (8.66%), Sugar: 2.97g (3.3%), Cholesterol: 35.56mg (11.85%), Sodium: 1345.44mg (58.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.12%), Manganese: 1.21mg (60.37%), Vitamin B3: 6.7mg (33.49%), Vitamin C: 25.53mg (30.95%), Selenium: 18.89µg (26.99%), Calcium: 260.77mg (26.08%), Phosphorus: 236.99mg (23.7%), Zinc: 3.08mg (20.53%), Vitamin B6: 0.35mg (17.48%), Vitamin B1: 0.25mg (16.45%), Vitamin B12: 0.98µg (16.4%), Iron: 2.65mg (14.7%), Magnesium: 55.86mg (13.96%), Fiber: 3.36g (13.44%), Vitamin K: 11.91µg (11.34%), Vitamin B2: 0.17mg (10.03%), Potassium: 307.82mg (8.79%), Copper: 0.17mg (8.46%), Folate: 29.54µg (7.39%), Vitamin A: 357.74IU (7.15%), Vitamin E: 0.91mg (6.05%), Vitamin B5: 0.57mg (5.74%)