



Cold Roast Beef Sandwich Pizza

READY IN



15 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cream cheese with chives and onion (from 8-oz tub)
- 0.3 cup mayonnaise
- 2 tablespoons horseradish
- 16 oz uncook pizza crust italian
- 6 oz pan drippings from roast beef preferably cut into bite-sized strips (1 1/2 cups)
- 1.5 cups plum tomatoes coarsely chopped (Roma)
- 0.5 cup the of 1 cos lettuce shredded
- 0.3 cup salad dressing italian

Equipment

bowl

Directions

In small bowl, combine cream cheese, mayonnaise and horseradish sauce; mix well.

Spread evenly over pizza crust.

In medium bowl, combine roast beef, tomatoes, lettuce and dressing; toss gently to coat. Top pizza crust with roast beef mixture. To serve, cut into wedges.

Nutrition Facts



PROTEIN 14.61% **FAT 44.31%** **CARBS 41.08%**

Properties

Glycemic Index:25, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:9.4886957092778%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 407.08kcal (20.35%), Fat: 20.14g (30.99%), Saturated Fat: 7.28g (45.51%), Carbohydrates: 42.01g (14%), Net Carbohydrates: 39.91g (14.51%), Sugar: 4.97g (5.52%), Cholesterol: 39.19mg (13.06%), Sodium: 1067.73mg (46.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.89%), Vitamin K: 29.85µg (28.42%), Vitamin C: 22.3mg (27.03%), Vitamin A: 1097.58IU (21.95%), Calcium: 178.47mg (17.85%), Iron: 2.94mg (16.31%), Vitamin B3: 2.52mg (12.6%), Phosphorus: 95.3mg (9.53%), Vitamin B6: 0.18mg (9.24%), Vitamin B12: 0.53µg (8.91%), Zinc: 1.29mg (8.6%), Fiber: 2.1g (8.39%), Potassium: 276.59mg (7.9%), Vitamin E: 1.01mg (6.72%), Selenium: 4.09µg (5.85%), Vitamin B2: 0.1mg (5.6%), Folate: 21.8µg (5.45%), Manganese: 0.09mg (4.55%), Magnesium: 16.64mg (4.16%), Copper: 0.07mg (3.33%), Vitamin B1: 0.05mg (3.01%), Vitamin B5: 0.27mg (2.72%)