



Creamy Roast Beef Sandwiches

READY IN



15 min.

SERVINGS



6

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbsp butter
- 6 oz philadelphia cream cheese cubed ()
- 1 Tbsp horseradish prepared kraft
- 2 cups lettuce shredded
- 0.5 cup milk
- 1 onion separated sliced
- 6 pita breads cut in half
- 1 lb deli roast beef shaved
- 2 tomatoes chopped

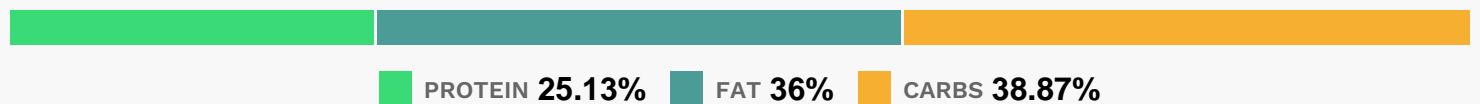
Equipment

- frying pan

Directions

- Cook and stir onions in butter in medium skillet on medium heat 5 min. or until crisp-tender.
- Add cream cheese and milk; cook on low heat 5 to 8 min. or until cream cheese is completely melted and sauce is well blended, stirring occasionally.
- Remove from heat. Stir in horseradish.
- Fill pita pockets with meat, tomatoes and lettuce.
- Drizzle with horseradish sauce.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:30.85, Inflammation Score:-7, Nutrition Score:16.946086738421%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 392.19kcal (19.61%), Fat: 15.75g (24.23%), Saturated Fat: 7.52g (47%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 35.85g (13.04%), Sugar: 4.57g (5.08%), Cholesterol: 74.16mg (24.72%), Sodium: 1572.35mg (68.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.74g (49.48%), Vitamin C: 42.29mg (51.26%), Vitamin B3: 7.17mg (35.84%), Calcium: 327.08mg (32.71%), Phosphorus: 272.36mg (27.24%), Vitamin B12: 1.46µg (24.33%), Zinc: 3.58mg (23.88%), Vitamin B6: 0.42mg (20.83%), Manganese: 0.39mg (19.56%), Vitamin A: 959.56IU (19.19%), Vitamin B1: 0.24mg (15.69%), Vitamin B2: 0.26mg (15.34%), Iron: 2.66mg (14.78%), Potassium: 511.7mg (14.62%), Selenium: 8.08µg (11.54%), Magnesium: 44.2mg (11.05%), Folate: 40.91µg (10.23%), Fiber: 2.41g (9.62%), Copper: 0.19mg (9.55%), Vitamin K: 9.79µg (9.32%), Vitamin B5: 0.77mg (7.72%), Vitamin E: 0.59mg (3.97%), Vitamin D: 0.22µg (1.49%)