



Curried Onion and Beef Subs

READY IN



40 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons curry powder
- ☐ 2 tablespoons mustard coarse-grained
- ☐ 2 tablespoons nonfat mayonnaise
- ☐ 3 medium onions thinly sliced
- ☐ 0.5 pound pan drippings from roast beef preferably lean thinly sliced
- ☐ 1 teaspoon commercial roasted garlic minced
- ☐ 10 ounce submarine rolls whole wheat

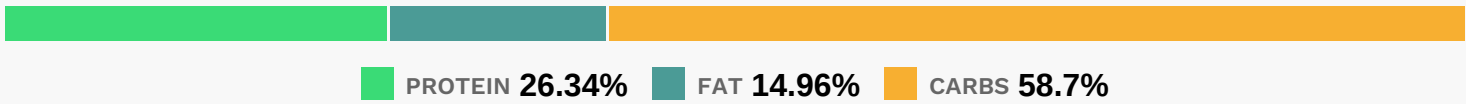
Equipment

☐ frying pan

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add onion; saute 5 minutes. Reduce heat to medium-low; cook 20 to 25 minutes or until onion is golden. Stir in curry powder and garlic; cook, stirring constantly, 5 additional minutes.
- ☐ Cut a 1/2-inch-thick slice off top of each roll; set tops aside. Hollow out centers of rolls, leaving 1/2-inch-thick shells. Reserve insides of rolls for another use.
- ☐ Combine mayonnaise and mustard, stirring well.
- ☐ Spread 1 tablespoon mayonnaise mixture over bottom of hollowed out portion of each roll; top evenly with beef. Spoon onion mixture over beef; cover with tops of rolls.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:24.72, Inflammation Score:-5, Nutrition Score:12.546956638927%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.76mg, Quercetin: 16.76mg, Quercetin: 16.76mg, Quercetin: 16.76mg

Nutrients (% of daily need)

Calories: 287.98kcal (14.4%), Fat: 4.81g (7.41%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 42.5g (14.17%), Net Carbohydrates: 39.32g (14.3%), Sugar: 8.68g (9.64%), Cholesterol: 32.95mg (10.98%), Sodium: 1286.8mg (55.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.07g (38.15%), Iron: 12.36mg (68.65%), Vitamin C: 31.97mg (38.75%), Vitamin B3: 4.38mg (21.91%), Calcium: 194.2mg (19.42%), Vitamin B6: 0.35mg (17.44%), Vitamin B12: 0.96µg (16.06%), Zinc: 2.28mg (15.18%), Phosphorus: 145.57mg (14.56%), Fiber: 3.19g (12.74%), Selenium: 7.02µg (10.02%), Manganese: 0.19mg (9.74%), Potassium: 308.47mg (8.81%), Magnesium: 25.99mg (6.5%), Vitamin B2: 0.1mg (5.93%), Folate: 22.54µg (5.63%), Vitamin B1: 0.08mg (5.4%), Copper: 0.09mg (4.36%), Vitamin B5: 0.3mg (2.99%), Vitamin K: 2.93µg (2.79%), Vitamin E: 0.21mg (1.41%)