



Deli Beef 'N Cheddar

READY IN



10 min.

SERVINGS



10

CALORIES



29 kcal

SIDE DISH

Ingredients

- 2 basil leaves fresh
- 1 Tbsp real mayo mayonnaise kraft
- 1 big mild cheddar cheese kraft
- 2 slices pumpernickel bread
- 2 slices onion red thin
- 6 slices oscar mayer deli slow roasted roast beef fresh
- 2 slices tomatoes thin

Equipment

Directions

Spread bread slices with mayo; fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:26.8, Glycemic Load:1.59, Inflammation Score:-1, Nutrition Score:1.3452173803488%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 28.62kcal (1.43%), Fat: 1.3g (2%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 3g (1.09%), Sugar: 0.3g (0.34%), Cholesterol: 1.02mg (0.34%), Sodium: 56.98mg (2.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.61%), Manganese: 0.09mg (4.72%), Vitamin K: 3.07µg (2.93%), Selenium: 1.68µg (2.4%), Fiber: 0.53g (2.12%), Folate: 7.49µg (1.87%), Vitamin B1: 0.02mg (1.65%), Phosphorus: 15.45mg (1.55%), Vitamin C: 1.23mg (1.49%), Vitamin B3: 0.28mg (1.39%), Vitamin B2: 0.02mg (1.34%), Iron: 0.22mg (1.24%), Copper: 0.02mg (1.18%), Magnesium: 4.55mg (1.14%), Vitamin A: 51.16IU (1.02%)