



Deluxe Roast Beef Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

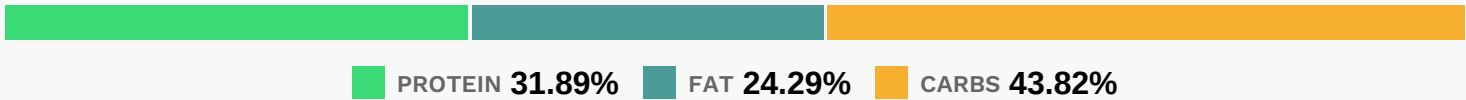
- ☐ 2 teaspoons chili sauce
- ☐ 2 teaspoons horseradish prepared
- ☐ 1 romaine lettuce leaf
- ☐ 1 tablespoon mayonnaise light
- ☐ 0.1 inch onion red separated
- ☐ 3 ounces deli roast beef thinly sliced
- ☐ 2 ounce cocktail rye bread
- ☐ 0.5 inch tomatoes

Equipment

Directions

- ☐
- Combine first 3 ingredients.
- ☐
- Spread mayonnaise mixture on one bread slice. Top with lettuce leaf, roast beef, tomato slices, onion, and remaining bread slice.

Nutrition Facts



Properties

Glycemic Index:152.33, Glycemic Load:12.91, Inflammation Score:-9, Nutrition Score:22.864782706551%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 301.34kcal (15.07%), Fat: 8.14g (12.53%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 28.58g (10.39%), Sugar: 5.19g (5.77%), Cholesterol: 50.72mg (16.91%), Sodium: 1915.97mg (83.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.05g (48.11%), Vitamin C: 43.91mg (53.22%), Vitamin A: 2531.35IU (50.63%), Vitamin B3: 8.77mg (43.85%), Vitamin K: 37.65µg (35.86%), Selenium: 24.09µg (34.41%), Calcium: 297.41mg (29.74%), Folate: 115.6µg (28.9%), Manganese: 0.54mg (27.11%), Zinc: 3.89mg (25.95%), Phosphorus: 254.21mg (25.42%), Vitamin B12: 1.45µg (24.1%), Vitamin B6: 0.43mg (21.42%), Iron: 3.81mg (21.15%), Vitamin B1: 0.32mg (21.07%), Vitamin B2: 0.32mg (19%), Fiber: 4.47g (17.87%), Potassium: 470.83mg (13.45%), Magnesium: 48.81mg (12.2%), Copper: 0.2mg (10.04%), Vitamin B5: 0.56mg (5.63%), Vitamin E: 0.73mg (4.87%)