



Dilly Beef Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 slices dill pickle
- ☐ 2 tablespoons onion soup mix dry
- ☐ 0.7 cup bean sprouts fresh washed and drained
- ☐ 1 teaspoon horseradish prepared
- ☐ 1 teaspoon mustard prepared
- ☐ 1 pound pan drippings from roast beef preferably thinly sliced
- ☐ 12 slices cocktail rye bread
- ☐ 0.8 cup heavy whipping cream sour
- ☐ 12 slices tomatoes (1/4-inch-thick)

Equipment

Directions

- ☐ Stir together first 4 ingredients; let stand 30 minutes.
- ☐ Top 6 bread slices with roast beef; sprinkle with salt, if desired.
- ☐ Spread 1 1/2 tablespoons sour cream mixture over roast beef. Top evenly with bean sprouts, tomato, and dill pickle. Cover with remaining bread slices.
- ☐ Cut sandwiches in half diagonally, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.22, Glycemic Load:14.81, Inflammation Score:-7, Nutrition Score:20.74826103708%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 335.18kcal (16.76%), Fat: 10.52g (16.18%), Saturated Fat: 4.24g (26.5%), Carbohydrates: 37.08g (12.36%), Net Carbohydrates: 32.26g (11.73%), Sugar: 5.57g (6.19%), Cholesterol: 60.05mg (20.02%), Sodium: 1773.67mg (77.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.62g (47.24%), Vitamin C: 43.82mg (53.11%), Vitamin B3: 8.53mg (42.65%), Selenium: 26.41µg (37.72%), Manganese: 0.65mg (32.54%), Calcium: 300.52mg (30.05%), Phosphorus: 273.87mg (27.39%), Zinc: 3.74mg (24.91%), Vitamin B1: 0.36mg (23.82%), Folate: 94.93µg (23.73%), Vitamin B2: 0.39mg (22.92%), Vitamin B12: 1.35µg (22.43%), Vitamin B6: 0.43mg (21.62%), Iron: 3.72mg (20.69%), Fiber: 4.83g (19.31%), Potassium: 523.74mg (14.96%), Magnesium: 55.05mg (13.76%), Vitamin A: 642.31IU (12.85%), Copper: 0.24mg (11.93%), Vitamin K: 9.84µg (9.37%), Vitamin B5: 0.72mg (7.23%), Vitamin E: 0.63mg (4.22%)