



Doreen's Superbowl Sandwiches

READY IN



90 min.

SERVINGS



8

CALORIES



659 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound loaves bread dough frozen thawed
- 2 cups cabbage shredded
- 8 servings coarse salt and cracked pepper black
- 1 pinch pepper red crushed
- 1 eggs
- 0.3 cup parsley fresh chopped
- 2 teaspoons garlic fresh finely chopped
- 1.5 pounds ground beef
- 0.5 cup catsup

- 1 tablespoon milk
- 1 cup onion chopped
- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 2 cups sharp cheddar cheese shredded

Equipment

- frying pan
- baking sheet
- oven
- whisk

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- In a skillet over medium-high heat, brown ground beef, and drain excess fat. Reduce heat to medium, and stir in onions, cabbage, parsley, garlic, red pepper, salt and black pepper. Cook until cabbage has wilted.
- Remove from heat, and stir in Cheddar cheese and ketchup.
- Divide each loaf of thawed bread dough into four equal pieces. On a lightly floured surface, roll each piece into a 6 inch circle.
- Place about 1/2 cup of the beef mixture onto the center of each one. Carefully pinch together the edges to seal.
- Place buns seam side down on a lightly greased or nonstick cookie sheet.
- Whisk together egg and milk with a fork.
- Brush the tops of the buns with the egg mixture and sprinkle with coarse salt and cracked black pepper.
- Bake for 25 to 30 minutes in the preheated oven, until nicely browned.
- Serve hot with condiments of choice.

Nutrition Facts



■ PROTEIN 18.35% ■ FAT 43.09% ■ CARBS 38.56%

Properties

Glycemic Index:28.75, Glycemic Load:0.99, Inflammation Score:-5, Nutrition Score:15.781304431998%

Flavonoids

Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 658.82kcal (32.94%), Fat: 30.6g (47.07%), Saturated Fat: 12.18g (76.12%), Carbohydrates: 61.59g (20.53%), Net Carbohydrates: 58.45g (21.25%), Sugar: 4.83g (5.37%), Cholesterol: 109.32mg (36.44%), Sodium: 1264.12mg (54.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.31g (58.63%), Vitamin K: 47.04µg (44.8%), Vitamin B12: 2.18µg (36.31%), Selenium: 22.85µg (32.65%), Zinc: 4.79mg (31.95%), Phosphorus: 293.27mg (29.33%), Calcium: 239.02mg (23.9%), Vitamin B3: 3.93mg (19.64%), Vitamin B6: 0.39mg (19.29%), Vitamin B2: 0.32mg (18.73%), Vitamin C: 11.23mg (13.61%), Fiber: 3.15g (12.59%), Iron: 2.11mg (11.75%), Vitamin A: 572.71IU (11.45%), Potassium: 378.26mg (10.81%), Magnesium: 30.39mg (7.6%), Folate: 30.04µg (7.51%), Vitamin B5: 0.72mg (7.18%), Vitamin E: 0.89mg (5.93%), Manganese: 0.11mg (5.71%), Vitamin B1: 0.07mg (4.85%), Copper: 0.1mg (4.81%), Vitamin D: 0.39µg (2.57%)