



# Dripping Roast Beef Sandwiches with Melted Provolone

 Gluten Free  Popular

READY IN



13 min.

SERVINGS



4

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup mild pickled banana pepper rings hot drained
- 10.5 ounce campbell's® condensed onion soup french canned
- 4 slices provolone cheese diced cut in half
- 1 tablespoon reduced sodium worcestershire sauce
- 0.8 pound deli roast beef thinly sliced
- 4 classic hoagie rolls with sesame seeds soft pepperidge farm®

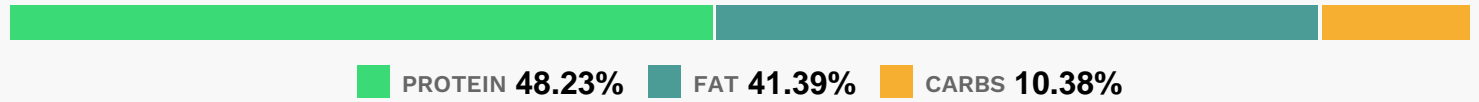
## Equipment

- baking sheet
- sauce pan
- oven

## Directions

- Heat the oven to 400 degrees F.
- Heat the soup and Worcestershire in a 2-quart saucepan over medium-high heat to a boil.
- Add the beef and heat through, stirring occasionally.
- Divide the beef evenly among the rolls. Top the beef with the cheese slices and place the sandwiches onto a baking sheet.
- Bake for 3 minutes or until the sandwiches are toasted and the cheese is melted. Spoon the soup mixture onto the sandwiches. Top each sandwich with 1 tablespoon pepper rings.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:13.221739060205%

## Nutrients (% of daily need)

Calories: 204.54kcal (10.23%), Fat: 9.41g (14.48%), Saturated Fat: 4.93g (30.81%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 4.6g (1.67%), Sugar: 2.89g (3.21%), Cholesterol: 64.56mg (21.52%), Sodium: 1866.63mg (81.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.68g (49.36%), Vitamin C: 38.82mg (47.06%), Calcium: 407.98mg (40.8%), Vitamin B3: 6.42mg (32.12%), Vitamin B12: 1.72µg (28.72%), Phosphorus: 267.22mg (26.72%), Zinc: 3.77mg (25.13%), Potassium: 633.45mg (18.1%), Vitamin B6: 0.36mg (18.1%), Selenium: 8.82µg (12.6%), Iron: 2.26mg (12.53%), Vitamin B2: 0.17mg (10.21%), Magnesium: 27.24mg (6.81%), Copper: 0.11mg (5.69%), Vitamin B1: 0.05mg (3.52%), Vitamin B5: 0.35mg (3.46%), Vitamin A: 170.65IU (3.41%), Fiber: 0.71g (2.85%), Folate: 10.95µg (2.74%), Manganese: 0.04mg (2.13%)