



## E-A-G-L-E-S Swirl Sandwich

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 ounces processed cheese food thinly sliced
- 1 egg white
- 0.5 cup mushrooms fresh sliced
- 1 clove garlic minced
- 0.1 teaspoon penzey's southwest seasoning italian
- 0.5 cup onion sliced
- 10 ounce pizza crust dough refrigerated canned
- 4 ounces deli roast beef thinly sliced

- 1 tablespoon vegetable oil
- 1 tablespoon water

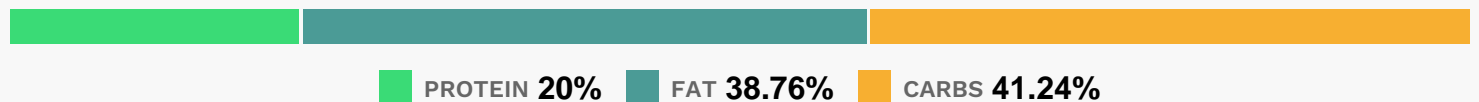
## Equipment

- frying pan
- baking sheet
- oven
- whisk

## Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Heat oil in a skillet over medium heat. When hot, add onion, mushrooms and garlic. Cook and stir until tender, about 5 minutes. Set aside to cool slightly.
- On a lightly floured surface, roll out the pizza crust dough to a 12x9 inch rectangle. Cover with layers of vegetables, cheese and roast beef slices to within 1/2 inch of the edges. Starting at the longest side of the dough, roll across to the other side and pinch seam to seal.
- Place seam side down on a greased baking sheet.
- Whisk together the egg white and water with a fork and brush on top of the roll.
- Sprinkle Italian seasoning over the top of the roll.
- Bake for 25 minutes in the preheated oven, or until golden brown.
- Let cool slightly, then slice and serve.

## Nutrition Facts



## Properties

Glycemic Index:30.25, Glycemic Load:0.85, Inflammation Score:-3, Nutrition Score:9.7160869681317%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg,

Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

## Nutrients (% of daily need)

Calories: 359.42kcal (17.97%), Fat: 15.68g (24.13%), Saturated Fat: 6.54g (40.87%), Carbohydrates: 37.55g (12.52%), Net Carbohydrates: 35.98g (13.08%), Sugar: 6.18g (6.87%), Cholesterol: 44.51mg (14.84%), Sodium: 1426.98mg (62.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.21g (36.42%), Calcium: 383.58mg (38.36%), Phosphorus: 254.92mg (25.49%), Vitamin C: 14.72mg (17.85%), Iron: 2.83mg (15.73%), Vitamin B12: 0.92µg (15.31%), Selenium: 10.45µg (14.93%), Vitamin B3: 2.6mg (13%), Zinc: 1.84mg (12.26%), Vitamin B2: 0.19mg (11.11%), Vitamin B6: 0.18mg (8.78%), Vitamin K: 7.47µg (7.12%), Fiber: 1.57g (6.26%), Potassium: 200.18mg (5.72%), Vitamin A: 269.43IU (5.39%), Magnesium: 17.62mg (4.41%), Vitamin B5: 0.42mg (4.23%), Copper: 0.08mg (4.19%), Vitamin E: 0.52mg (3.48%), Manganese: 0.06mg (3.25%), Folate: 11.16µg (2.79%), Vitamin B1: 0.04mg (2.52%), Vitamin D: 0.19µg (1.29%)