



French Dip Sandwiches

READY IN



15 min.

SERVINGS



4

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 cans beef broth
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 servings grill seasoning blend such as montreal steak seasoning blend, or, coarse salt and pepper for steak,
- ☐ 1.5 pounds deli roast beef sliced
- ☐ 4 torpedo sandwich rolls split
- ☐ 1 shallots chopped
- ☐ 1 jigger sherry dry

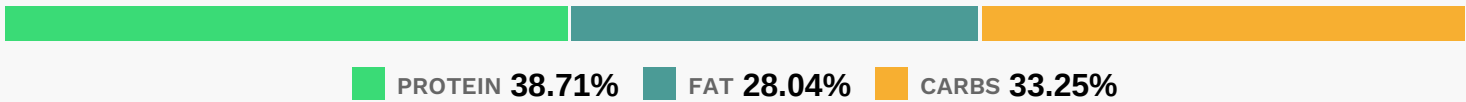
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ ramekin
- ☐ grill
- ☐ tongs
- ☐ cutting board

Directions

- ☐ In a large, shallow skillet over moderate heat, melt butter.
- ☐ Add shallots to butter and saute 2 minutes.
- ☐ Add flour to butter and shallot and cook a minute longer.
- ☐ Whisk in sherry and cook liquid out.
- ☐ Whisk in consomme in a slow stream. Bring sauce to a bubble and allow to simmer over low heat until ready to serve sandwiches.
- ☐ Pile meat loosely across your cutting board or a large work surface. Season meat with grill seasoning or salt and black pepper. Set out 4 ramekins or small soup cups for dipping sauce, 4 dinner plates and 4 split torpedo rolls. To assemble, using a pair of kitchen tongs, dip meat into loose au jus sauce and pile into rolls. Set ramekins or cups with extra dipping sauce along side the sandwiches.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:2.02, Inflammation Score:-8, Nutrition Score:31.472608773605%

Flavonoids

Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 0.71mg, Naringenin:

0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 607.76kcal (30.39%), Fat: 14.74g (22.67%), Saturated Fat: 6.29g (39.34%), Carbohydrates: 39.31g (13.1%), Net Carbohydrates: 37.52g (13.64%), Sugar: 3.37g (3.75%), Cholesterol: 112.01mg (37.34%), Sodium: 3734.85mg (162.38%), Alcohol: 19.31g (100%), Alcohol %: 3.77% (100%), Protein: 45.77g (91.53%), Vitamin C: 77.28mg (93.68%), Vitamin B3: 17.14mg (85.7%), Calcium: 584.54mg (58.45%), Selenium: 36.32µg (51.88%), Vitamin B12: 3.06µg (50.93%), Zinc: 7.01mg (46.72%), Phosphorus: 458.19mg (45.82%), Vitamin B6: 0.86mg (43.24%), Iron: 7.19mg (39.93%), Manganese: 0.7mg (35.19%), Vitamin B2: 0.49mg (28.9%), Vitamin B1: 0.39mg (25.79%), Potassium: 826.65mg (23.62%), Folate: 84.38µg (21.1%), Magnesium: 80.56mg (20.14%), Vitamin K: 17.75µg (16.9%), Copper: 0.24mg (12.23%), Vitamin B5: 0.91mg (9.06%), Fiber: 1.79g (7.15%), Vitamin A: 227.82IU (4.56%), Vitamin E: 0.43mg (2.88%)