



French Dip Sandwiches

READY IN



25 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium onion sweet thinly sliced
- 1 serving pam original flavor shopping list
- 2 teaspoons highest available proof grain spirit salt-free
- 0.5 cup water
- 1 cup beef broth reduced-sodium
- 8 oz pan drippings from roast beef preferably cooked thinly sliced reduced-sodium (from deli)
- 10 oz portugese rolls split
- 3 oz swiss cheese cut in half reduced-fat

Equipment

- frying pan
- baking sheet
- sauce pan
- oven

Directions

- Heat oven to 500°F.
- Heat 12-inch skillet over high heat. Spray onion with cooking spray; add to skillet. Stir in 1/2 teaspoon of the herb blend. Cook 11 to 12 minutes, stirring frequently and adding water 2 tablespoons at a time, until onion is golden brown.
- Meanwhile, in 2-quart saucepan, heat broth and remaining 1 1/2 teaspoons herb blend over medium heat until hot.
- Remove from heat; add beef, pushing beef down into liquid until covered.
- Let stand 5 minutes.
- Place buns, cut sides up, on ungreased cookie sheet.
- Bake 4 minutes or until lightly toasted.
- Remove beef from broth; reserve broth. On bun bottoms, place beef, onion and cheese; cover with bun tops.
- Serve with warm broth for dipping.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:23.87, Inflammation Score:-5, Nutrition Score:14.189565245872%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 318.26kcal (15.91%), Fat: 5.38g (8.27%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 41.45g (13.82%), Net Carbohydrates: 39.49g (14.36%), Sugar: 8.82g (9.8%), Cholesterol: 39.76mg (13.25%), Sodium: 1305.92mg (56.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.76g (51.51%), Iron: 12.12mg (67.34%), Calcium: 387.42mg (38.74%), Vitamin C: 29.49mg (35.74%), Phosphorus: 271.08mg (27.11%), Vitamin B3: 4.51mg (22.54%), Vitamin B12: 1.32µg (22.02%), Zinc: 3.13mg (20.89%), Vitamin B6: 0.36mg (18.05%), Potassium: 411.35mg (11.75%), Selenium: 6.98µg (9.97%), Vitamin B2: 0.17mg (9.96%), Magnesium: 31.67mg (7.92%), Fiber: 1.96g (7.84%), Folate: 27.81µg (6.95%), Copper: 0.11mg (5.47%), Manganese: 0.11mg (5.32%), Vitamin B1: 0.07mg (4.44%), Vitamin B5: 0.28mg (2.78%)