



Ginger Beef Warm-wich

READY IN



15 min.

SERVINGS



15

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 crusty sandwich rolls split
- 1 tsp gingerroot or dried fresh chopped
- 4 cup green onions sliced
- 0.3 cup miracle whip dressing kraft
- 8 pepper rings red
- 0.5 lb deli roast beef cooked

Equipment

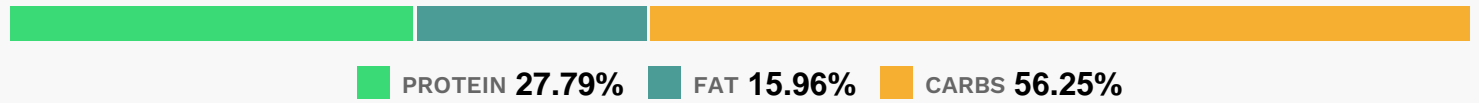
- oven

aluminum foil

Directions

- Mix dressing and ginger; spread onto cut sides of rolls.
- Fill with remaining ingredients; wrap in foil.
- Bake at 400F for 10 min.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:7.3204348346461%

Flavonoids

Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 74.89kcal (3.74%), Fat: 1.35g (2.08%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 9.57g (3.48%), Sugar: 1.33g (1.48%), Cholesterol: 9mg (3%), Sodium: 348.34mg (15.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.57%), Vitamin K: 55.29µg (52.66%), Vitamin C: 11.82mg (14.33%), Selenium: 7.12µg (10.17%), Vitamin B3: 1.91mg (9.54%), Folate: 32.9µg (8.22%), Calcium: 76.25mg (7.63%), Iron: 1.22mg (6.76%), Vitamin B1: 0.09mg (6.28%), Manganese: 0.12mg (5.79%), Phosphorus: 54.51mg (5.45%), Vitamin A: 268.8IU (5.38%), Vitamin B2: 0.09mg (5.36%), Zinc: 0.79mg (5.29%), Fiber: 1.13g (4.51%), Vitamin B12: 0.26µg (4.28%), Vitamin B6: 0.08mg (4.11%), Potassium: 134.99mg (3.86%), Magnesium: 12.67mg (3.17%), Copper: 0.06mg (2.89%), Vitamin E: 0.21mg (1.41%), Vitamin B5: 0.13mg (1.28%)