



## Grilled Beef and Provolone Sandwiches

 Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices vienna bread italian
- 2 tablespoons basil pesto refrigerated
- 0.3 lb pan drippings from roast beef preferably cooked thinly sliced (from deli)
- 0.3 cup roasted peppers red thin (from a jar)
- 1.5 oz provolone cheese
- 1 tablespoons butter melted

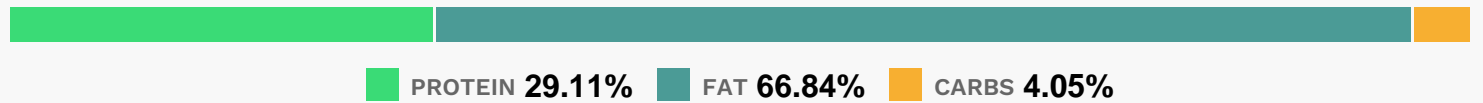
### Equipment

- grill

## Directions

- Heat closed contact grill 5 minutes.
- Spread one side of each slice of bread with pesto. On 2 slices of the bread, layer beef, roasted peppers and cheese; top with remaining slices of bread, pesto side down.
- Brush outside of sandwiches with butter.
- When grill is heated, place sandwiches on bottom grill surface. Close grill; cook 3 to 5 minutes or until bread is toasted and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:13.5, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:10.786087120357%

## Nutrients (% of daily need)

Calories: 258.8kcal (12.94%), Fat: 19.27g (29.64%), Saturated Fat: 6.6g (41.22%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 2.17g (0.79%), Sugar: 0.6g (0.67%), Cholesterol: 49.93mg (16.64%), Sodium: 1471.31mg (63.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.88g (37.76%), Vitamin C: 33.67mg (40.81%), Calcium: 353.12mg (35.31%), Phosphorus: 220.98mg (22.1%), Vitamin B3: 4.38mg (21.88%), Vitamin B12: 1.3µg (21.7%), Zinc: 2.8mg (18.65%), Vitamin A: 830.9IU (16.62%), Vitamin B6: 0.28mg (13.82%), Selenium: 7.27µg (10.39%), Vitamin B2: 0.15mg (8.7%), Iron: 1.55mg (8.59%), Potassium: 218.61mg (6.25%), Magnesium: 20.14mg (5.03%), Copper: 0.07mg (3.43%), Vitamin B5: 0.29mg (2.91%), Folate: 10.24µg (2.56%), Vitamin B1: 0.04mg (2.42%), Manganese: 0.04mg (2.04%), Vitamin E: 0.27mg (1.8%), Fiber: 0.45g (1.8%)