



Hot and Hearty Baked Beef Sandwich Loaf

READY IN



35 min.

SERVINGS



35

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 bell pepper green thinly sliced
- 1 cup ore-ida hash brown potatoes shredded
- 6 big mild cheddar cheese kraft
- 0.5 onion thinly sliced
- 10 oz pizza crust refrigerated canned
- 7 oz oscar mayer deli slow roasted roast beef fresh

Equipment

- frying pan

- oven
- baking pan

Directions

- Preheat oven to 400F. Spray 15x10x1-inch baking pan with cooking spray.
- Place pizza dough in pan; pat out with fingers to completely cover bottom of pan.
- Arrange meat slices, in lengthwise row, down center of dough; top with onions, peppers, potatoes and cheese. Fold over long sides of dough to cover filling, slightly overlapping edges of dough in center. Pinch ends of dough together to seal.
- Bake 15 to 20 min. or until golden brown.
- Remove from baking pan; let stand 5 min. before cutting into 6 slices to serve.

Nutrition Facts



Properties

Glycemic Index:2.71, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:1.1113043400742%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 33.32kcal (1.67%), Fat: 0.55g (0.85%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 4.91g (1.79%), Sugar: 0.61g (0.68%), Cholesterol: 3.4mg (1.13%), Sodium: 146.45mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin C: 4.53mg (5.49%), Vitamin B3: 0.53mg (2.66%), Iron: 0.41mg (2.26%), Calcium: 18.22mg (1.82%), Vitamin B6: 0.03mg (1.69%), Vitamin B12: 0.1µg (1.64%), Phosphorus: 15.34mg (1.53%), Zinc: 0.23mg (1.52%), Potassium: 38.38mg (1.1%), Fiber: 0.26g (1.04%)