



Hot Open-Face Roast Beef Sandwiches

READY IN



48 min.

SERVINGS



4

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons dijon mustard
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon horseradish prepared
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2.5 cups chicken broth low-sodium
- ☐ 0.8 cup milk
- ☐ 0.5 medium onion sliced
- ☐ 1.5 pounds red-skinned potatoes with a fork

- ☐ 0.8 pound pan drippings from roast beef preferably sliced
- ☐ 4 slices sourdough bread thick
- ☐ 4 tablespoons butter unsalted
- ☐ 0.5 bunch watercress
- ☐ 2 teaspoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler
- ☐ microwave

Directions

- ☐ Microwave the potatoes on high until soft, about 20 minutes. Using a fork, mash the potatoes in a bowl with 2 tablespoons butter.
- ☐ Add the milk and mash; season with salt and pepper. Preheat the broiler.
- ☐ Meanwhile, melt the remaining 2 tablespoons butter in a skillet over high heat.
- ☐ Add the onion and cook until soft, about 4 minutes. Stir in the flour and cook until slightly brown. Gradually whisk in the chicken broth until smooth.
- ☐ Whisk in the Worcestershire sauce and simmer until thick, about 3 minutes.
- ☐ Toast the bread under the broiler, about 1 minute.
- ☐ Spread the mustard and horseradish on toasts; place each on a plate.
- ☐ Pour some gravy over the toast; top with the roast beef, more gravy, watercress and parsley. Season with salt and pepper.
- ☐ Serve the sandwiches with the potatoes.
- ☐ Photograph by Antonis Achiellos

Nutrition Facts



 **PROTEIN 23.19%**  **FAT 28.62%**  **CARBS 48.19%**

Properties

Glycemic Index:87.88, Glycemic Load:29.99, Inflammation Score:-8, Nutrition Score:34.313478262528%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

Nutrients (% of daily need)

Calories: 585.28kcal (29.26%), Fat: 18.98g (29.19%), Saturated Fat: 9.78g (61.11%), Carbohydrates: 71.88g (23.96%), Net Carbohydrates: 66.45g (24.16%), Sugar: 8.95g (9.94%), Cholesterol: 84.07mg (28.02%), Sodium: 2135.39mg (92.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.59g (69.18%), Vitamin C: 61.62mg (74.69%), Vitamin K: 76.13µg (72.5%), Vitamin B3: 13.94mg (69.68%), Vitamin B1: 0.74mg (49.13%), Phosphorus: 458.15mg (45.81%), Selenium: 31.82µg (45.45%), Potassium: 1393.11mg (39.8%), Vitamin B6: 0.78mg (38.89%), Calcium: 379.41mg (37.94%), Iron: 6.73mg (37.37%), Manganese: 0.72mg (35.78%), Vitamin B2: 0.59mg (34.94%), Folate: 139.55µg (34.89%), Zinc: 4.86mg (32.4%), Vitamin B12: 1.86µg (31.07%), Copper: 0.5mg (25.04%), Magnesium: 94.96mg (23.74%), Fiber: 5.43g (21.73%), Vitamin A: 862.21IU (17.24%), Vitamin B5: 1.23mg (12.33%), Vitamin D: 0.71µg (4.75%), Vitamin E: 0.61mg (4.04%)