



Maid-Rite Sandwiches

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

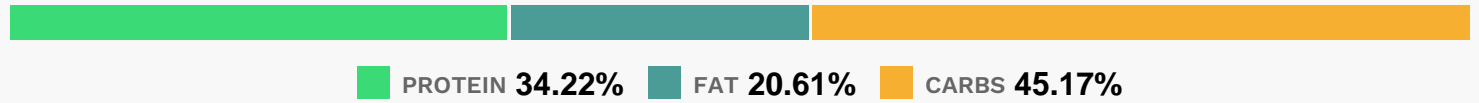
Ingredients

- 1.5 cups chicken broth (i use swanson's)
- 2 tablespoons dehydrated onion dried chopped
- 6 hawaiian rolls
- 1 lb ground beef lean
- 6 servings mustard to taste
- 6 servings onion fresh chopped to taste
- 0.5 teaspoon pepper
- 0.5 teaspoon salt salted (less if broth is)

3 tablespoons water

Equipment

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:14.05, Inflammation Score:-5, Nutrition Score:14.431304347826%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg, Quercetin: 11.17mg

Nutrients (% of daily need)

Calories: 258.35kcal (12.92%), Fat: 5.82g (8.96%), Saturated Fat: 2.1g (13.19%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 26.58g (9.66%), Sugar: 6.41g (7.12%), Cholesterol: 48.05mg (16.02%), Sodium: 732.03mg (31.83%), Protein: 21.75g (43.49%), Selenium: 27.15µg (38.79%), Vitamin B3: 6.19mg (30.95%), Vitamin B12: 1.79µg (29.85%), Zinc: 4.36mg (29.09%), Phosphorus: 222.13mg (22.21%), Vitamin B1: 0.32mg (21.34%), Vitamin B6: 0.42mg (21%), Manganese: 0.41mg (20.45%), Iron: 3.55mg (19.74%), Vitamin B2: 0.3mg (17.89%), Folate: 57.79µg (14.45%), Potassium: 441.69mg (12.62%), Magnesium: 36.91mg (9.23%), Calcium: 92.24mg (9.22%), Fiber: 2.12g (8.48%), Copper: 0.15mg (7.48%), Vitamin C: 5.9mg (7.15%), Vitamin B5: 0.6mg (5.99%), Vitamin K: 2.92µg (2.78%), Vitamin E: 0.38mg (2.56%)