



Make-Ahead Roast Beef Sandwich

READY IN



75 min.

SERVINGS



8

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cream sour
- ☐ 0.3 cup salad dressing
- ☐ 2 tablespoons dijon mustard
- ☐ 1 lb bread french cut in half horizontally
- ☐ 1 lb pan drippings from roast beef preferably cooked thinly sliced
- ☐ 1 jar roasted peppers red drained sliced (7)
- ☐ 3 leaves the of 1 cos lettuce

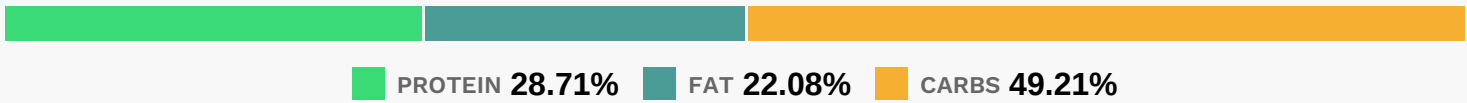
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ In small bowl, mix sour cream, mayonnaise and mustard until blended.
- ☐ Spread half of sour cream mixture on cut side of bottom half of bread; spread remaining mixture on cut side of top half of bread. On bottom half of bread, layer roasted peppers, roast beef and lettuce. Cover with remaining half of bread. Wrap tightly with plastic wrap; refrigerate 1 to 2 hours. When ready to serve, cut sandwich into 8 pieces.

Nutrition Facts



Properties

Glycemic Index:14.06, Glycemic Load:22.7, Inflammation Score:-8, Nutrition Score:18.164347918137%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 265.84kcal (13.29%), Fat: 6.59g (10.13%), Saturated Fat: 1.96g (12.22%), Carbohydrates: 33.02g (11.01%), Net Carbohydrates: 30.88g (11.23%), Sugar: 3.84g (4.26%), Cholesterol: 36.56mg (12.19%), Sodium: 1893.72mg (82.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.26g (38.52%), Vitamin C: 45.81mg (55.52%), Vitamin B3: 7.25mg (36.25%), Selenium: 21.87µg (31.25%), Vitamin B1: 0.46mg (30.42%), Folate: 96.67µg (24.17%), Vitamin A: 1185.63IU (23.71%), Calcium: 219.71mg (21.97%), Iron: 3.93mg (21.85%), Manganese: 0.41mg (20.54%), Vitamin B2: 0.35mg (20.36%), Phosphorus: 191.23mg (19.12%), Vitamin B6: 0.38mg (19.06%), Zinc: 2.79mg (18.6%), Vitamin B12: 0.98µg (16.32%), Vitamin K: 15.44µg (14.7%), Magnesium: 39.08mg (9.77%), Copper: 0.19mg (9.58%), Potassium: 333.86mg (9.54%), Fiber: 2.14g (8.56%), Vitamin B5: 0.43mg (4.26%), Vitamin E: 0.33mg (2.23%)