



## Open-Face Hot Beef Sandwiches

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup beef au jus gravy
- 2 Tbsp fried onions french
- 2 hamburger buns split toasted
- 1 tsp horseradish kraft
- 12 slices oscar mayer deli slow roasted roast beef fresh

### Equipment

- bowl
- paper towels

microwave

## Directions

- Toss meat with gravy in medium microwaveable bowl; cover with paper towel.
- Microwave on HIGH 50 sec. or until meat mixture is heated through; stir.
- Place 2 bun halves, cut-sides up, on each of two serving plates. Top evenly with horseradish sauce and meat mixture; sprinkle with onions.

## Nutrition Facts



## Properties

Glycemic Index:19.4, Glycemic Load:5.18, Inflammation Score:-1, Nutrition Score:2.1891304390586%

## Nutrients (% of daily need)

Calories: 61.04kcal (3.05%), Fat: 1.44g (2.22%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 8.98g (3.26%), Sugar: 1.33g (1.48%), Cholesterol: 1.37mg (0.46%), Sodium: 182.97mg (7.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Selenium: 4.87µg (6.95%), Vitamin B1: 0.09mg (6.3%), Manganese: 0.1mg (4.84%), Vitamin B3: 0.9mg (4.51%), Folate: 16.96µg (4.24%), Iron: 0.64mg (3.58%), Calcium: 32.05mg (3.2%), Vitamin B2: 0.05mg (3.19%), Phosphorus: 22.31mg (2.23%), Vitamin C: 1.55mg (1.88%), Zinc: 0.22mg (1.47%), Fiber: 0.34g (1.37%), Vitamin B12: 0.08µg (1.25%), Magnesium: 4.73mg (1.18%), Vitamin B6: 0.02mg (1.06%), Copper: 0.02mg (1.05%)