



Open-Faced Broiled Roast Beef Sandwich

READY IN



20 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons coarse-ground mustard prepared
- ☐ 2 tablespoons mayonnaise
- ☐ 4 slices provolone cheese
- ☐ 0.5 onion red thinly sliced
- ☐ 1 pound deli roast beef sliced
- ☐ 4 servings salt and pepper to taste
- ☐ 2 hoagie buns split
- ☐ 2 tomatoes thinly sliced

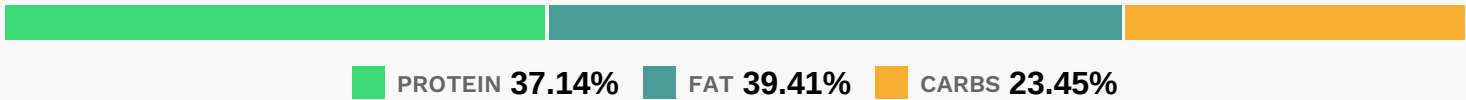
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ broiler
- ☐ toaster

Directions

- ☐ Preheat oven on broiler setting.
- ☐ Cut rolls in half, and toast in a bread toaster.
- ☐ Place on a baking sheet.
- ☐ Spread each half with mayonnaise and mustard.
- ☐ Layer with roast beef, tomato, red onion, Provolone, salt and pepper.
- ☐ Broil 3 to 6 inches from heat source for 2 to 4 minutes (keep a constant eye on it) until cheese is bubbly and is beginning to brown.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:12.53, Inflammation Score:-7, Nutrition Score:20.175651840542%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 355.08kcal (17.75%), Fat: 15.58g (23.97%), Saturated Fat: 5.46g (34.11%), Carbohydrates: 20.85g (6.95%), Net Carbohydrates: 19.24g (7%), Sugar: 4.55g (5.05%), Cholesterol: 80.69mg (26.9%), Sodium: 2260.4mg (98.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.04g (66.07%), Vitamin C: 60.48mg (73.31%), Calcium: 475.92mg (47.59%), Iron: 8.06mg (44.76%), Vitamin B3: 8.85mg (44.25%), Vitamin B12: 2.21µg (36.89%),

Phosphorus: 336.02mg (33.6%), Zinc: 4.86mg (32.42%), Vitamin B6: 0.54mg (26.77%), Selenium: 11.43µg (16.33%),
Vitamin K: 16.78µg (15.98%), Potassium: 514.75mg (14.71%), Vitamin A: 686.09IU (13.72%), Vitamin B2: 0.22mg
(12.87%), Magnesium: 38.55mg (9.64%), Copper: 0.13mg (6.46%), Fiber: 1.61g (6.45%), Folate: 24.58µg (6.15%),
Manganese: 0.12mg (6.14%), Vitamin B1: 0.09mg (5.94%), Vitamin B5: 0.52mg (5.22%), Vitamin E: 0.62mg (4.11%)