



Open-Faced Roast Beef Sandwiches with Braised Cabbage Slaw & Russian Dressing

READY IN



45 min.

SERVINGS



6

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon caraway seeds crushed
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1.5 cups fuji apple peeled thinly sliced
- ☐ 5 cups cabbage green thinly sliced
- ☐ 1 Dash ground pepper red
- ☐ 1 tablespoon horseradish prepared
- ☐ 1 tablespoon catsup

- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 2 tablespoons greek yogurt plain 2% low-fat greek-style
- ☐ 1.5 tablespoons mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion thinly sliced
- ☐ 1 pound roast beef low-sodium thinly sliced
- ☐ 6 ounce cocktail rye bread lightly toasted
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon dijon mustard stone-ground
- ☐ 0.3 teaspoon paprika sweet
- ☐ 0.3 cup water
- ☐ 2 teaspoons citrus champagne vinegar
- ☐ 0.5 teaspoon worcestershire sauce

Equipment

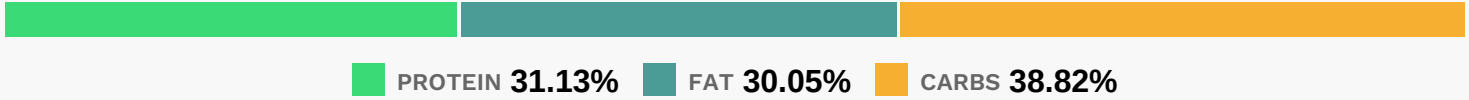
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add onion to pan; cook 10 minutes or until golden, stirring occasionally.
- ☐ Add apple; cook 1 minute.
- ☐ Add cabbage and next 3 ingredients (through caraway); cover and cook 10 minutes or until cabbage is crisp-tender, stirring occasionally. Uncover and add 1/4 teaspoon salt; cook 6 minutes or until liquid evaporates.
- ☐ Remove from heat; stir in parsley.
- ☐ Combine yogurt and next 10 ingredients (through red pepper) in a small bowl; stir well with a whisk.

- ☐ Divide roast beef evenly among rye toasts; top each serving with 2/3 cup slaw.
- ☐ Drizzle about 1 tablespoon dressing over cabbage.

Nutrition Facts



Properties

Glycemic Index:63.89, Glycemic Load:8.96, Inflammation Score:-6, Nutrition Score:20.273043292534%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.92mg, Apigenin: 2.92mg, Apigenin: 2.92mg, Apigenin: 2.92mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg

Nutrients (% of daily need)

Calories: 260.36kcal (13.02%), Fat: 8.86g (13.63%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 25.75g (8.58%), Net Carbohydrates: 21.17g (7.7%), Sugar: 8.39g (9.32%), Cholesterol: 44.85mg (14.95%), Sodium: 1492.13mg (64.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.65g (41.3%), Vitamin C: 61.66mg (74.74%), Vitamin K: 74.92µg (71.35%), Vitamin B3: 6.98mg (34.88%), Calcium: 276.55mg (27.66%), Vitamin B6: 0.45mg (22.59%), Zinc: 3.28mg (21.86%), Vitamin B12: 1.29µg (21.49%), Phosphorus: 213.03mg (21.3%), Manganese: 0.42mg (21.16%), Selenium: 14.61µg (20.88%), Fiber: 4.58g (18.34%), Folate: 73.28µg (18.32%), Iron: 2.98mg (16.54%), Vitamin B1: 0.22mg (14.34%), Vitamin B2: 0.24mg (13.91%), Potassium: 463.48mg (13.24%), Magnesium: 41.48mg (10.37%), Copper: 0.15mg (7.45%), Vitamin B5: 0.55mg (5.49%), Vitamin E: 0.78mg (5.18%), Vitamin A: 257.14IU (5.14%)