



Open-faced St. Patty Melts

READY IN



20 min.

SERVINGS



4

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups coleslaw mix
- ☐ 1 tablespoon catsup
- ☐ 0.8 pound corned beef lean thinly sliced
- ☐ 2 tablespoons mayonnaise
- ☐ 4 slices cocktail rye bread whole wheat
- ☐ 0.5 pound swiss cheese thinly sliced

Equipment

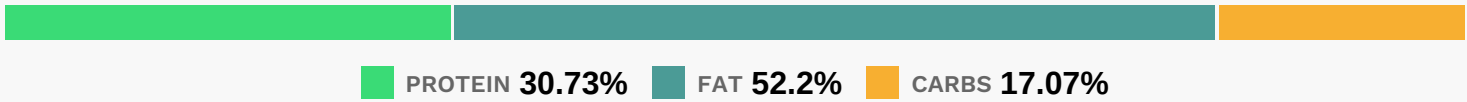
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ toaster

Directions

- ☐ Preheat oven to 400 (or use a toaster oven set to medium).
- ☐ Heat corned beef in a skillet over medium heat until warm. While warming, place bread on a baking sheet. Stir together mayonnaise and ketchup, and spread evenly on bread.
- ☐ Divide warmed corned beef among bread slices, and top with desired amount of coleslaw and Swiss cheese.
- ☐ Bake open-faced sandwiches until cheese melts and bread is thoroughly toasted.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:7.74, Inflammation Score:-5, Nutrition Score:15.523043460172%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 469.97kcal (23.5%), Fat: 27.69g (42.6%), Saturated Fat: 12.86g (80.39%), Carbohydrates: 20.38g (6.79%), Net Carbohydrates: 17.85g (6.49%), Sugar: 2.91g (3.23%), Cholesterol: 101.23mg (33.74%), Sodium: 927.78mg (40.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.69g (73.38%), Calcium: 569.97mg (57%), Selenium: 27.22µg (38.89%), Phosphorus: 374.72mg (37.47%), Vitamin K: 32.65µg (31.1%), Vitamin B12: 1.72µg (28.68%), Zinc: 2.91mg (19.38%), Vitamin B2: 0.3mg (17.47%), Manganese: 0.31mg (15.64%), Iron: 2.77mg (15.4%), Folate: 52.28µg (13.07%), Vitamin C: 9.89mg (11.99%), Vitamin B1: 0.16mg (10.82%), Vitamin A: 522.35IU (10.45%), Fiber: 2.52g (10.09%), Magnesium: 35.22mg (8.8%), Vitamin B3: 1.37mg (6.83%), Vitamin B6: 0.1mg (5.14%), Vitamin E: 0.77mg (5.13%), Copper: 0.1mg (4.78%), Vitamin B5: 0.45mg (4.53%), Potassium: 149.94mg (4.28%)