



Our American Hero

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 16 ounce bread french italian
- ☐ 1 cup lettuce leaves trimmed
- ☐ 0.5 cup mayonnaise light
- ☐ 0.1 teaspoon pepper
- ☐ 1 cup onion red thinly sliced
- ☐ 1 pound deli roast beef lean thinly sliced

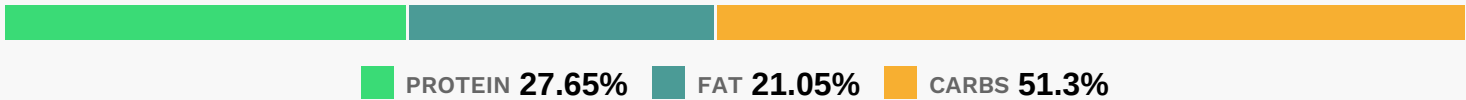
- ☐ 0.1 teaspoon salt
- ☐ 1 large tomatoes cored thinly sliced
- ☐ 1 large bell pepper yellow seeded thinly sliced into rings

Equipment

Directions

- ☐ Combine mayonnaise, fresh basil, and ground pepper; chill 15 minutes.
- ☐ Cut bread loaf in half horizontally; spread mayonnaise mixture over bottom half of bread; top with roast beef, remaining ingredients, and top half of bread.
- ☐ Cut loaf into 6 pieces.

Nutrition Facts



Properties

Glycemic Index:46.58, Glycemic Load:31.14, Inflammation Score:-10, Nutrition Score:27.557391166687%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 371.94kcal (18.6%), Fat: 8.79g (13.52%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 48.16g (16.05%), Net Carbohydrates: 44.94g (16.34%), Sugar: 6.48g (7.2%), Cholesterol: 46.08mg (15.36%), Sodium: 1810.01mg (78.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.96g (51.91%), Vitamin C: 104.31mg (126.44%), Vitamin A: 3301.66IU (66.03%), Vitamin B3: 9.92mg (49.59%), Vitamin B1: 0.64mg (42.96%), Selenium: 27.65µg (39.5%), Manganese: 0.67mg (33.68%), Folate: 133.99µg (33.5%), Iron: 5.26mg (29.21%), Calcium: 281.6mg (28.16%), Vitamin B2: 0.48mg (28.06%), Vitamin B6: 0.53mg (26.68%), Phosphorus: 262.86mg (26.29%), Zinc: 3.77mg (25.12%), Vitamin B12: 1.29µg (21.42%), Vitamin K: 17.55µg (16.71%), Potassium: 564.68mg (16.13%), Magnesium: 56.29mg (14.07%), Fiber: 3.22g (12.89%), Copper: 0.24mg (11.98%), Vitamin B5: 0.61mg (6.07%), Vitamin E: 0.87mg (5.77%)