



Our Best Beef Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

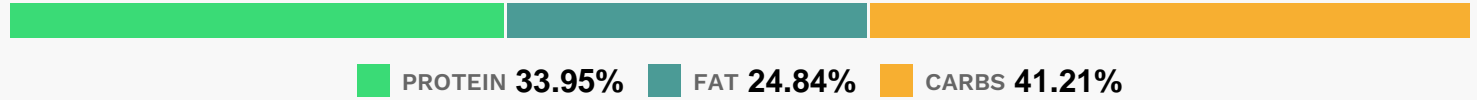
- 2 large beefsteak tomatoes
- 2 Tbsp philadelphia chive & onion cream cheese spread
- 8 slices cucumber thin
- 6 slices oscar mayer natural slow roasted roast beef
- 2 slices cocktail rye bread
- 0.3 cup watercress

Equipment

Directions

- Spread bread slices with cream cheese spread.
- Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:27.47, Glycemic Load:4.27, Inflammation Score:-8, Nutrition Score:11.339130443075%

Flavonoids

Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 115.36kcal (5.77%), Fat: 3.28g (5.04%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 9.77g (3.55%), Sugar: 4.43g (4.92%), Cholesterol: 23.12mg (7.71%), Sodium: 620.28mg (26.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.16%), Vitamin C: 34.89mg (42.29%), Vitamin A: 1256.89IU (25.14%), Vitamin B3: 3.8mg (18.99%), Vitamin K: 15.95µg (15.19%), Manganese: 0.28mg (13.96%), Potassium: 458.49mg (13.1%), Vitamin B6: 0.26mg (13.04%), Calcium: 128.31mg (12.83%), Phosphorus: 116.86mg (11.69%), Zinc: 1.61mg (10.74%), Fiber: 2.46g (9.85%), Folate: 39.26µg (9.81%), Vitamin B12: 0.57µg (9.52%), Selenium: 6.23µg (8.9%), Vitamin B1: 0.13mg (8.4%), Iron: 1.46mg (8.13%), Magnesium: 28.84mg (7.21%), Copper: 0.14mg (6.84%), Vitamin B2: 0.11mg (6.76%), Vitamin E: 0.8mg (5.31%), Vitamin B5: 0.31mg (3.1%)