



Quick & Tasty Hot Beef Sandwiches

READY IN



5 min.

SERVINGS



5

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 hamburger buns split
- 1 Tbsp parmesan cheese shredded kraft
- 12 slices oscar mayer deli slow roasted roast beef fresh ()
- 1 Tbsp tuscan house dressing italian kraft
- 1 Tbsp water

Equipment

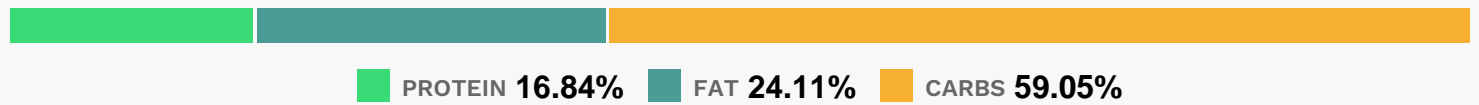
- bowl
- plastic wrap

microwave

Directions

- Combine dressing and water in medium microwaveable bowl.
- Add meat; toss lightly. Cover with plastic wrap, turning back 1 corner to vent.
- Microwave on HIGH 45 sec. or until heated through; mix lightly.
- Spoon meat mixture evenly onto bottom halves of buns; sprinkle with cheese. Cover with tops of buns.

Nutrition Facts



Properties

Glycemic Index:17.8, Glycemic Load:5.16, Inflammation Score:-1, Nutrition Score:2.4013043676867%

Nutrients (% of daily need)

Calories: 61.84kcal (3.09%), Fat: 1.64g (2.52%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 8.7g (3.16%), Sugar: 1.58g (1.75%), Cholesterol: 2.05mg (0.68%), Sodium: 166.45mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Selenium: 5.12µg (7.32%), Vitamin B1: 0.1mg (6.36%), Manganese: 0.1mg (4.83%), Vitamin B3: 0.9mg (4.52%), Calcium: 43.8mg (4.38%), Folate: 16.46µg (4.11%), Iron: 0.66mg (3.65%), Vitamin B2: 0.06mg (3.37%), Phosphorus: 29.39mg (2.94%), Vitamin K: 2.49µg (2.37%), Zinc: 0.24mg (1.61%), Vitamin C: 1.32mg (1.59%), Vitamin B12: 0.09µg (1.45%), Magnesium: 5.08mg (1.27%), Fiber: 0.31g (1.24%), Vitamin B6: 0.02mg (1.16%), Copper: 0.02mg (1.09%)