



Roast Beef and Sun-Dried Tomato Sandwiches

READY IN



17 min.

SERVINGS



4

CALORIES



151 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 4 teaspoons cheese blue crumbled
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 0.7 ounce bread italian toasted
- ☐ 4 lettuce leaves
- ☐ 0.5 pound deli roast beef shaved
- ☐ 2 tablespoons oil-packed sun-dried tomato halves drained chopped
- ☐ 1 large tomatoes thinly sliced
- ☐ 2 tablespoons worcestershire sauce low-sodium

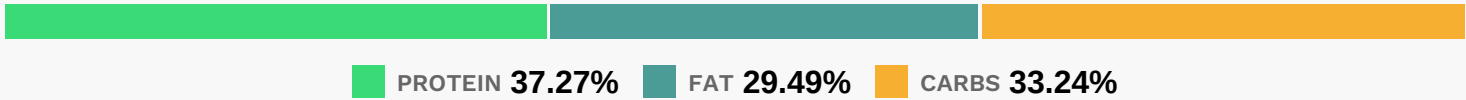
Equipment

☐ bowl

Directions

- ☐ Combine Worcestershire sauce and vinegar in a medium bowl.
- ☐ Add roast beef, and toss to combine.
- ☐ Combine mayonnaise, chopped sun-dried tomato, and blue cheese in a small bowl; stir well.
- ☐ Spread about 1 1/2 tablespoons mayonnaise mixture on each of 4 bread slices. Top evenly with roast beef, lettuce, tomato, and remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:1.49, Inflammation Score:-9, Nutrition Score:12.923043461274%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 150.78kcal (7.54%), Fat: 4.99g (7.68%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 11.04g (4.01%), Sugar: 7.95g (8.83%), Cholesterol: 35.55mg (11.85%), Sodium: 1170.43mg (50.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.41%), Vitamin C: 38.15mg (46.25%), Vitamin A: 2199.8IU (44%), Vitamin B3: 5.11mg (25.54%), Calcium: 197.67mg (19.77%), Vitamin B12: 0.99µg (16.47%), Zinc: 2.32mg (15.45%), Phosphorus: 153.37mg (15.34%), Vitamin B6: 0.3mg (14.94%), Potassium: 501.18mg (14.32%), Iron: 2.4mg (13.32%), Manganese: 0.2mg (9.78%), Vitamin K: 9.56µg (9.1%), Vitamin B2: 0.14mg (8.26%), Magnesium: 28.64mg (7.16%), Folate: 27.33µg (6.83%), Fiber: 1.63g (6.53%), Selenium: 4.47µg (6.39%), Copper: 0.13mg (6.29%), Vitamin B1: 0.09mg (6.2%), Vitamin B5: 0.3mg (2.97%), Vitamin E: 0.34mg (2.25%)