



Roast Beef and Swiss Sandwich

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



146 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup milk
- ☐ 2 tablespoons mustard yellow
- ☐ 1 eggs
- ☐ 6 oz pan drippings from roast beef preferably cooked thinly sliced chopped
- ☐ 4 oz swiss cheese shredded
- ☐ 1 serving pepper freshly ground
- ☐ 2 cups frangelico

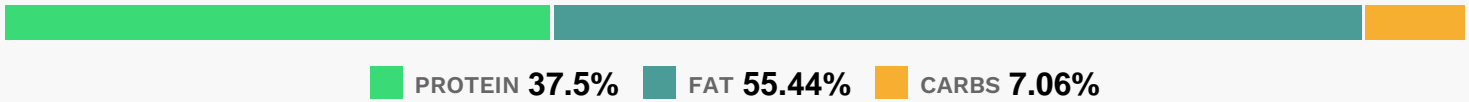
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of 8-inch square (2-quart) glass baking dish with shortening.
- ☐ In medium bowl, stir Bisquick mix, milk, mustard and egg until blended.
- ☐ Pour half of batter into baking dish. Top evenly with half of the roast beef and 1/2 cup of the cheese. Top with remaining roast beef.
- ☐ Pour remaining batter over roast beef.
- ☐ Bake uncovered 45 to 50 minutes or until golden brown and center is set.
- ☐ Sprinkle with remaining 1/2 cup cheese and the pepper.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.81, Inflammation Score:-3, Nutrition Score:8.3886957116749%

Nutrients (% of daily need)

Calories: 146.27kcal (7.31%), Fat: 9.02g (13.88%), Saturated Fat: 4.78g (29.87%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 2.37g (0.86%), Sugar: 2.05g (2.28%), Cholesterol: 65.9mg (21.97%), Sodium: 542.49mg (23.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.73g (27.45%), Calcium: 304.94mg (30.49%), Phosphorus: 224.22mg (22.42%), Vitamin B12: 1.34µg (22.29%), Selenium: 12.31µg (17.59%), Vitamin C: 12.78mg (15.49%), Zinc: 2.14mg (14.29%), Vitamin B3: 2.19mg (10.97%), Vitamin B2: 0.19mg (10.89%), Vitamin B6: 0.17mg (8.37%), Vitamin A: 265.99IU (5.32%), Magnesium: 20.38mg (5.09%), Potassium: 171.64mg (4.9%), Iron: 0.83mg (4.61%), Vitamin B5: 0.45mg (4.45%), Vitamin D: 0.59µg (3.96%), Vitamin B1: 0.05mg (3.33%), Folate: 8.08µg (2.02%), Copper: 0.04mg (1.92%), Manganese: 0.03mg (1.65%), Vitamin E: 0.23mg (1.52%)