



Roast Beef Baguette with Cheddar and Onion

READY IN



45 min.

SERVINGS



4

CALORIES



544 kcal

Ingredients

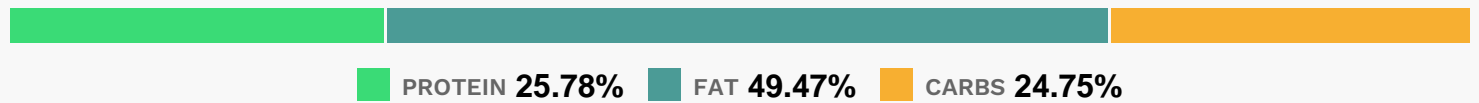
- 1 baguette
- 0.3 teaspoon pepper black freshly ground
- 6 ounces cheddar thinly sliced
- 4 teaspoons dijon mustard
- 0.3 teaspoon kosher salt
- 0.3 cup mayonnaise
- 0.3 onion red thinly sliced
- 0.8 pound pan drippings from roast beef preferably thinly sliced
- 1 tomatoes thinly sliced

Equipment

Directions

- Cut the baguette into 4 portions. Slice each portion in half lengthwise.
- Spread the bottom sides with the mayonnaise and the top sides with the mustard. Arrange the roast beef on each mayonnaise-spread side, then top with the Cheddar, tomato, and onion. Season with the salt and pepper, then put the sandwiches together.

Nutrition Facts



Properties

Glycemic Index:69.44, Glycemic Load:21.44, Inflammation Score:-7, Nutrition Score:24.52086957123%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 544.28kcal (27.21%), Fat: 29.85g (45.93%), Saturated Fat: 11.19g (69.93%), Carbohydrates: 33.62g (11.21%), Net Carbohydrates: 31.57g (11.48%), Sugar: 4.32g (4.8%), Cholesterol: 96.88mg (32.29%), Sodium: 2235.42mg (97.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35g (70%), Calcium: 613.98mg (61.4%), Vitamin C: 43.01mg (52.14%), Vitamin B3: 9.4mg (46.99%), Selenium: 30.55µg (43.64%), Phosphorus: 436.19mg (43.62%), Zinc: 5.24mg (34.96%), Vitamin B12: 1.91µg (31.89%), Vitamin B2: 0.51mg (29.8%), Vitamin B1: 0.44mg (29.33%), Vitamin K: 28.45µg (27.1%), Vitamin B6: 0.47mg (23.62%), Iron: 4.23mg (23.5%), Folate: 90.53µg (22.63%), Manganese: 0.39mg (19.62%), Vitamin A: 695.71IU (13.91%), Magnesium: 52.42mg (13.1%), Potassium: 443.29mg (12.67%), Copper: 0.18mg (8.91%), Fiber: 2.05g (8.18%), Vitamin E: 1.15mg (7.64%), Vitamin B5: 0.74mg (7.44%), Vitamin D: 0.28µg (1.89%)