



Roast Beef-Cheddar Panini Sandwiches

READY IN



16 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 0.5 cup horseradish divided prepared
- ☐ 1 large onion sliced
- ☐ 4 slices provolone cheese
- ☐ 1 pound roast beef
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 8 slices bread whole wheat

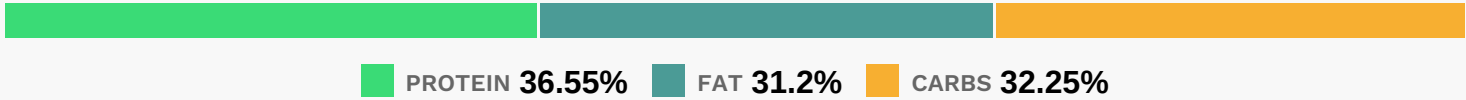
Equipment

- ☐ frying pan
- ☐ panini press

Directions

- ☐ Saut first 3 ingredients in a lightly greased skillet over medium-high heat 8 minutes or until onion is tender.
- ☐ Spread 1 tablespoon horseradish sauce on each of 4 bread slices; top evenly with roast beef, cooked onion, and cheese. Top with remaining bread slices.
- ☐ Brush melted butter on both sides of sandwich.
- ☐ Cook in a preheated panini press 2 to 3 minutes or until golden brown.
- ☐ Serve with remaining horseradish sauce.

Nutrition Facts



Properties

Glycemic Index:69.7, Glycemic Load:16.9, Inflammation Score:-7, Nutrition Score:26.709565116012%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 403.35kcal (20.17%), Fat: 14.1g (21.69%), Saturated Fat: 6.86g (42.88%), Carbohydrates: 32.77g (10.92%), Net Carbohydrates: 27.79g (10.1%), Sugar: 7.56g (8.4%), Cholesterol: 85.27mg (28.42%), Sodium: 2537.47mg (110.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.16g (74.31%), Vitamin C: 61.27mg (74.27%), Manganese: 1.31mg (65.3%), Calcium: 578.89mg (57.89%), Vitamin B3: 11.1mg (55.48%), Phosphorus: 452.83mg (45.28%), Zinc: 6.01mg (40.06%), Selenium: 25.87µg (36.96%), Vitamin B12: 2.21µg (36.85%), Vitamin B6: 0.66mg (32.77%), Iron: 4.12mg (22.9%), Magnesium: 84.18mg (21.05%), Fiber: 4.99g (19.95%), Vitamin B1: 0.29mg (19.56%), Vitamin B2: 0.31mg (18.36%), Potassium: 613.2mg (17.52%), Folate: 60.07µg (15.02%), Copper: 0.24mg (12.16%), Vitamin B5: 0.89mg (8.93%), Vitamin K: 5.57µg (5.31%), Vitamin A: 257.7IU (5.15%), Vitamin E: 0.44mg (2.92%)