



Roast Beef, Cucumber, and Tomato Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



113 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cucumber peeled very thinly sliced
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 1 Dash ground pepper red
- ☐ 3 tablespoons dijon honey mustard
- ☐ 2 tablespoons rice vinegar
- ☐ 0.8 pound deli roast beef lean very thinly sliced
- ☐ 1.3 ounce cocktail rye bread

- ☐ 1 tablespoon sugar
- ☐ 3 inch tomatoes

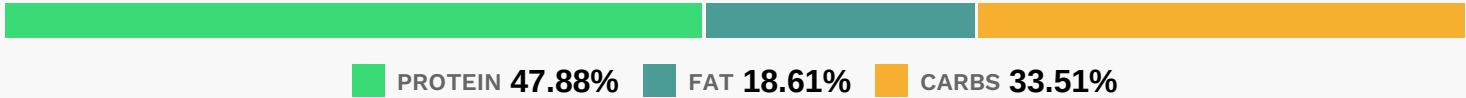
Equipment

- ☐ bowl

Directions

- ☐ Combine sugar, vinegar, and red pepper in a small bowl; stir well.
- ☐ Add cucumber and green onions; stir well. Cover and chill 2 hours.
- ☐ Spread honey mustard evenly over 6 rye bread slices, and top each with sliced roast beef, about 1/4 cup cucumber mixture, and 2 tomato slices. Top each with remaining rye bread slices.

Nutrition Facts



Properties

Glycemic Index:48.24, Glycemic Load:2.85, Inflammation Score:-3, Nutrition Score:8.5608696211939%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 113.24kcal (5.66%), Fat: 2.27g (3.49%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 8.46g (3.07%), Sugar: 4.42g (4.91%), Cholesterol: 32.32mg (10.77%), Sodium: 927.84mg (40.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.12g (26.23%), Vitamin C: 27.52mg (33.36%), Vitamin B3: 4.47mg (22.37%), Calcium: 171.21mg (17.12%), Vitamin B12: 0.96µg (16.06%), Zinc: 2.2mg (14.67%), Vitamin B6: 0.26mg (12.82%), Phosphorus: 127.43mg (12.74%), Iron: 1.49mg (8.29%), Selenium: 5.72µg (8.17%), Vitamin K: 7.52µg (7.16%), Potassium: 237.87mg (6.8%), Vitamin B2: 0.1mg (6.06%), Magnesium: 20.21mg (5.05%), Manganese: 0.1mg (4.99%), Folate: 19.35µg (4.84%), Vitamin B1: 0.07mg (4.43%), Copper: 0.09mg (4.25%), Vitamin B5: 0.31mg (3.05%), Fiber: 0.72g (2.9%), Vitamin A: 69.79IU (1.4%)