



## Roast Beef Memphis Melts

READY IN



15 min.

SERVINGS



15

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 Tbsp hickory smoke barbecue sauce kraft
- 2 singles kraft
- 1 Tbsp miracle whip dressing
- 1 tsp heinz mustard yellow
- 8 slices oscar mayer deli slow roasted roast beef fresh
- 4 slices sourdough bread
- 1 tomatoes cut into 4 slices

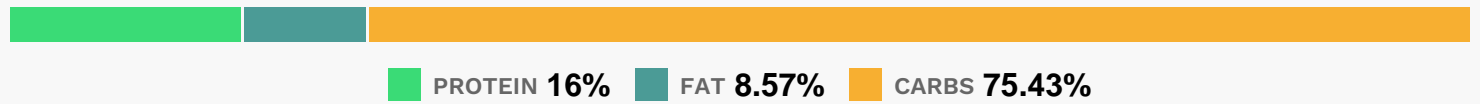
### Equipment

- bowl
- frying pan

## Directions

- Mix first 3 ingredients in small bowl.
- Spread bread slices with dressing mixture; fill with remaining ingredients to make 2 sandwiches.
- Cook in skillet sprayed with cooking spray on medium heat 3 min. on each side or until golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:10.03, Glycemic Load:6.91, Inflammation Score:-2, Nutrition Score:2.5091303988643%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 51.78kcal (2.59%), Fat: 0.5g (0.76%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 9.32g (3.39%), Sugar: 1.5g (1.67%), Cholesterol: 0.42mg (0.14%), Sodium: 136.65mg (5.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Vitamin B1: 0.13mg (8.36%), Selenium: 5.04µg (7.21%), Folate: 22.32µg (5.58%), Manganese: 0.1mg (5.08%), Vitamin B3: 0.92mg (4.6%), Vitamin B2: 0.08mg (4.49%), Iron: 0.71mg (3.97%), Phosphorus: 22.79mg (2.28%), Fiber: 0.52g (2.08%), Magnesium: 6.78mg (1.7%), Vitamin C: 1.37mg (1.66%), Copper: 0.03mg (1.61%), Vitamin A: 74.71IU (1.49%), Zinc: 0.22mg (1.45%), Vitamin B6: 0.03mg (1.4%), Potassium: 44.86mg (1.28%), Calcium: 12.79mg (1.28%)