



Roast Beef on Rye Sandwiches

READY IN



6 min.

SERVINGS



4

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

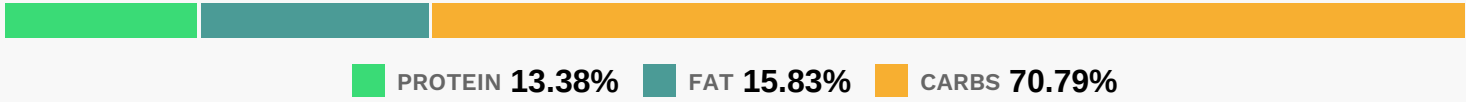
- ☐ 2 cups baby spinach fresh loosely packed
- ☐ 3 tablespoons mayonnaise fat-free
- ☐ 2 teaspoons horseradish prepared
- ☐ 4 slices onion red separated
- ☐ 0 ounces deli roast beef thinly sliced
- ☐ 1 ounce cocktail rye bread reduced-calorie
- ☐ 1 tablespoon mustard stone-ground

Equipment

Directions

- ☐ Combine first 3 ingredients, stirring well.
- ☐ Spread mixture evenly over 1 side of each bread slice. Top half of bread with spinach, beef, and onion. Top with remaining bread slices.
- ☐ Cut sandwiches in half to serve.

Nutrition Facts



Properties

Glycemic Index:44.58, Glycemic Load:2.02, Inflammation Score:-8, Nutrition Score:7.6921740407529%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 39.71kcal (1.99%), Fat: 0.73g (1.13%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 5.96g (2.17%), Sugar: 2.26g (2.52%), Cholesterol: 0.94mg (0.31%), Sodium: 189.64mg (8.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.79%), Vitamin K: 75.27µg (71.69%), Vitamin A: 1410.04IU (28.2%), Manganese: 0.23mg (11.61%), Folate: 41.24µg (10.31%), Vitamin C: 5.92mg (7.17%), Fiber: 1.42g (5.69%), Selenium: 3.79µg (5.41%), Magnesium: 18.77mg (4.69%), Iron: 0.72mg (4%), Potassium: 132.82mg (3.8%), Vitamin B1: 0.06mg (3.75%), Vitamin B2: 0.06mg (3.55%), Vitamin B6: 0.06mg (2.79%), Calcium: 27.64mg (2.76%), Phosphorus: 25.62mg (2.56%), Vitamin E: 0.35mg (2.32%), Copper: 0.04mg (2.22%), Vitamin B3: 0.42mg (2.12%), Zinc: 0.23mg (1.56%)