



Roast Beef on Weck

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup au jus gravy
- ☐ 2 tablespoons caraway seed whole
- ☐ 2 tablespoons coarse salt
- ☐ 1 tablespoon cornstarch
- ☐ 3 ounces horseradish prepared
- ☐ 20 ounces pan drippings from roast beef preferably cooked sliced
- ☐ 12 kaiser rolls hard
- ☐ 0.5 cup water warmed

☐ 1 cup water

Equipment

☐ baking sheet

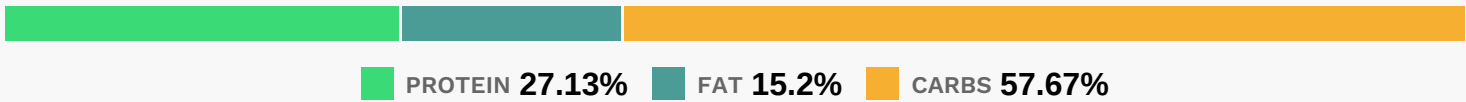
☐ sauce pan

☐ oven

Directions

- ☐ Combine equal parts coarse salt and whole caraway seed. Store in clean jar.
- ☐ Heat 1 cup water to a boil. Dissolve cornstarch in 1/2 cup warm water and add to boiled water. Return to a boil and thicken until it coats a spoon. Cool and store in refrigerator.
- ☐ Preheat oven to 350 degrees F.
- ☐ To make kummelweck rolls, take 12 rolls and place on baking sheet.
- ☐ Brush top of rolls with cornstarch solution and sprinkle with seed mixture.
- ☐ Place in oven for 4 minutes or until kummelweck dries.
- ☐ Heat au jus in saucepan until simmering. Dip sliced roast beef in hot au jus and place on cut kummelweck roll. Top with a dollop of horseradish and dip the top of the roll in the au jus.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:69.48, Inflammation Score:-4, Nutrition Score:22.652173850199%

Nutrients (% of daily need)

Calories: 722.35kcal (36.12%), Fat: 12.15g (18.69%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 103.7g (34.57%), Net Carbohydrates: 98.65g (35.87%), Sugar: 14.71g (16.35%), Cholesterol: 80.8mg (26.93%), Sodium: 6823.61mg (296.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.79g (97.59%), Iron: 35.54mg (197.46%), Vitamin C: 69.71mg (84.5%), Vitamin B3: 10.72mg (53.61%), Calcium: 453.5mg (45.35%), Vitamin B12: 2.41µg (40.16%), Zinc: 5.48mg (36.52%), Phosphorus: 297.46mg (29.75%), Vitamin B6: 0.59mg (29.67%), Fiber: 5.05g (20.22%), Selenium: 10.52µg (15.03%), Potassium: 490.51mg (14.01%), Vitamin B2: 0.19mg (11.22%), Magnesium: 44.28mg (11.07%), Copper: 0.16mg (7.84%), Folate: 25.32µg (6.33%), Manganese: 0.1mg (5.14%), Vitamin B1: 0.08mg (5.13%), Vitamin B5: 0.44mg (4.45%)