



## Roast Beef Panini

READY IN



10 min.

SERVINGS



1

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup coleslaw blend (cabbage slaw mix)
- 2 slices bread italian
- 1 Tbsp real mayo mayonnaise kraft
- 1 provolone cheese kraft
- 4 slices oscar mayer natural slow roasted roast beef

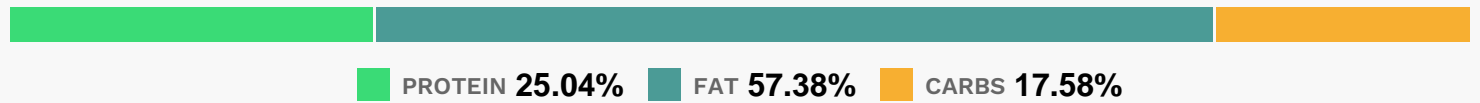
### Equipment

- grill
- panini press

## Directions

- Heat panini grill.
- Combine coleslaw blend and mayo.
- Fill bread slices with cheese, meat and coleslaw.
- Spray grill with cooking spray.
- Add sandwich; cook 3 min. or until cheese is melted and sandwich is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:121, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:19.810434758663%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 523.96kcal (26.2%), Fat: 33.44g (51.45%), Saturated Fat: 13.9g (86.85%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 21.07g (7.66%), Sugar: 13.29g (14.77%), Cholesterol: 82.75mg (27.58%), Sodium: 2063.96mg (89.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.84g (65.68%), Vitamin C: 58.94mg (71.44%), Vitamin B3: 10.21mg (51.03%), Calcium: 467.68mg (46.77%), Vitamin K: 40.65µg (38.71%), Vitamin B12: 2.2µg (36.63%), Phosphorus: 334.16mg (33.42%), Zinc: 4.8mg (32%), Vitamin B6: 0.49mg (24.6%), Iron: 3.43mg (19.05%), Selenium: 10.65µg (15.21%), Vitamin B2: 0.25mg (14.51%), Potassium: 469.05mg (13.4%), Folate: 48.02µg (12%), Magnesium: 38.58mg (9.64%), Vitamin B1: 0.13mg (8.37%), Fiber: 1.98g (7.93%), Vitamin B5: 0.5mg (5%), Copper: 0.09mg (4.52%), Vitamin A: 199.04IU (3.98%), Vitamin E: 0.53mg (3.54%), Manganese: 0.06mg (3.07%)