



Roast Beef Poor Boys

READY IN



45 min.

SERVINGS



2

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon dijon mustard
- 1 teaspoon horseradish prepared
- 1 cup iceberg lettuce shredded
- 2 tablespoons nonfat mayonnaise
- 4 ounces pan drippings from roast beef preferably lean cooked thinly sliced
- 5 ounce rolls split french
- 4 slices tomatoes (1/4-inch-thick)

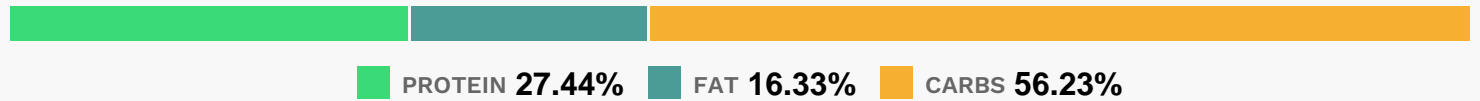
Equipment

bowl

Directions

- Combine first 3 ingredients in a small bowl, stirring well.
- Spread 1 tablespoon mayonnaise mixture over bottom half of each roll; top each evenly with roast beef, shredded lettuce, and tomato slices.
- Spread remaining mayonnaise mixture evenly over top halves of rolls, and place over tomato.

Nutrition Facts



Properties

Glycemic Index:105, Glycemic Load:23.77, Inflammation Score:-6, Nutrition Score:13.546086995498%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 273.27kcal (13.66%), Fat: 4.99g (7.67%), Saturated Fat: 0.81g (5.04%), Carbohydrates: 38.65g (12.88%), Net Carbohydrates: 35.84g (13.03%), Sugar: 8.2g (9.11%), Cholesterol: 33.58mg (11.19%), Sodium: 1354.94mg (58.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.87g (37.73%), Iron: 12.26mg (68.12%), Vitamin C: 34.57mg (41.91%), Vitamin B3: 4.63mg (23.15%), Calcium: 183.98mg (18.4%), Vitamin B12: 0.96µg (16.06%), Vitamin K: 16.55µg (15.76%), Zinc: 2.27mg (15.12%), Vitamin B6: 0.29mg (14.61%), Phosphorus: 139.16mg (13.92%), Vitamin A: 635.91IU (12.72%), Fiber: 2.81g (11.26%), Potassium: 361.76mg (10.34%), Selenium: 6.5µg (9.28%), Manganese: 0.15mg (7.74%), Folate: 25.65µg (6.41%), Magnesium: 24.92mg (6.23%), Vitamin B2: 0.1mg (5.68%), Vitamin B1: 0.07mg (4.98%), Copper: 0.09mg (4.52%), Vitamin B5: 0.28mg (2.76%), Vitamin E: 0.39mg (2.59%)