



Roast Beef Sandwich with Caramelized Onions and Grainy Mustard, Horseradish Mayo

 Popular

READY IN



60 min.

SERVINGS



4

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 handful arugula
- ☐ 4 slices cheese
- ☐ 1 tablespoon grainy mustard
- ☐ 0.3 cup gravy
- ☐ 1 tablespoon horseradish
- ☐ 2 tablespoons mayonnaise
- ☐ 1 tablespoon olive oil

- ☐ 4 cups onion sliced
- ☐ 1 pound pan drippings from roast beef preferably thinly sliced
- ☐ 4 buns lightly toasted cut in half and
- ☐ 0.5 cup water

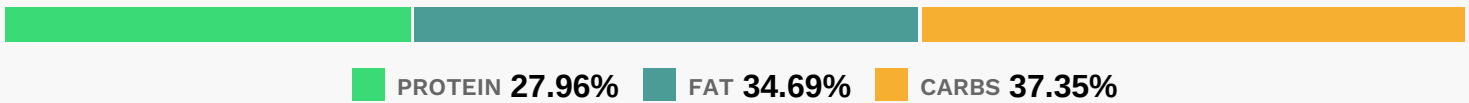
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the onions and water and cook, covered, until completely tender and caramelized and golden, about 40–50 minutes, adding more water as needed. Mix the mayo, horseradish and mustard. Assemble sandwiches and enjoy!

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:26.54, Inflammation Score:-8, Nutrition Score:23.983478587607%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 8.23mg, Isorhamnetin: 8.23mg, Isorhamnetin: 8.23mg, Isorhamnetin: 8.23mg Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 32.88mg, Quercetin: 32.88mg, Quercetin: 32.88mg, Quercetin: 32.88mg

Nutrients (% of daily need)

Calories: 530.08kcal (26.5%), Fat: 20.55g (31.62%), Saturated Fat: 6.12g (38.26%), Carbohydrates: 49.8g (16.6%), Net Carbohydrates: 45.65g (16.6%), Sugar: 11.97g (13.3%), Cholesterol: 81.87mg (27.29%), Sodium: 2315.59mg (100.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.28g (74.55%), Vitamin C: 64.57mg (78.26%), Iron: 13.65mg (75.83%), Calcium: 518.29mg (51.83%), Vitamin B3: 8.69mg (43.46%), Vitamin B12: 2.21µg (36.89%), Phosphorus: 368.78mg (36.88%), Zinc: 5.07mg (33.81%), Vitamin B6: 0.67mg (33.45%), Vitamin K: 20.13µg (19.17%), Selenium: 12.71µg (18.16%), Potassium: 612.07mg (17.49%), Fiber: 4.15g (16.6%), Vitamin B2: 0.25mg (14.86%), Manganese: 0.27mg (13.34%), Magnesium: 50.66mg (12.67%), Folate: 50.22µg (12.55%), Vitamin B1: 0.14mg (9.24%),

Copper: 0.16mg (8.08%), Vitamin B5: 0.68mg (6.76%), Vitamin A: 296.34IU (5.93%), Vitamin E: 0.84mg (5.63%)