



Roast Beef Sandwiches

READY IN



90 min.

SERVINGS



6

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 0.3 cup horseradish (with liquid) jarred grated
- 6 servings hot sauce
- 1 tablespoon plus 2 teaspoons kosher salt plus more to taste
- 0.5 teaspoon lemon zest grated
- 0.8 cup mayonnaise
- 1 medium onion red halved thinly sliced
- 6 tablespoons red wine vinegar
- 24 ounces freshly rare roast beef sliced

- 0.8 cup cup heavy whipping cream sour
- 6 kaiser rolls
- 12 slices vine-ripened tomatoes
- 3 cups a combination of both loosely packed
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Equipment

- bowl
- baking sheet
- broiler

Directions

- In a small bowl, mix together the onion and 1 tablespoon of the salt. Set aside for 20 minutes. Rinse the onions with cold running water.
- Drain and squeeze to remove excess liquid.
- Combine the onions and the vinegar and marinate at least 30 minutes or up to 24 hours.
- In a small bowl, mix together the mayonnaise, sour cream, horseradish, zest, and 2 teaspoons salt. Season generously with pepper and hot sauce to taste. Refrigerate the horseradish sauce for at least 30 minutes.
- Preheat the broiler. Slice the rolls in half lengthwise. Using your hands, shallowly scoop out the inside of each half.
- Transfer the rolls to a baking sheet and arrange scooped-side up. Toast the rolls under the broiler for about 1 minute. Slather the inside of the rolls with the horseradish sauce. On each of the roll bottoms, layer 2 tomato slices and season with salt and pepper to taste. Top the tomatoes with some of the roast beef overlapped into "ruffles" and season with salt and pepper. Top the meat with some of the onions and watercress and cover with the tops of the roll.
- Serve immediately.

Nutrition Facts



■ PROTEIN 21.89% ■ FAT 50.96% ■ CARBS 27.15%

Properties

Glycemic Index:42.5, Glycemic Load:24.26, Inflammation Score:-7, Nutrition Score:22.377391115479%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 581.69kcal (29.08%), Fat: 32.89g (50.6%), Saturated Fat: 7.57g (47.34%), Carbohydrates: 39.42g (13.14%), Net Carbohydrates: 37.03g (13.46%), Sugar: 8.48g (9.42%), Cholesterol: 93.36mg (31.12%), Sodium: 3397.92mg (147.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.79g (63.58%), Vitamin C: 62.9mg (76.24%), Iron: 13.43mg (74.59%), Vitamin K: 50.71µg (48.29%), Vitamin B3: 8.83mg (44.17%), Calcium: 372.69mg (37.27%), Vitamin B12: 2.02µg (33.7%), Zinc: 4.45mg (29.64%), Vitamin B6: 0.54mg (27.04%), Phosphorus: 269.35mg (26.94%), Potassium: 546.23mg (15.61%), Selenium: 9.69µg (13.84%), Vitamin A: 648.49IU (12.97%), Vitamin B2: 0.21mg (12.42%), Fiber: 2.4g (9.59%), Magnesium: 38.27mg (9.57%), Vitamin E: 1.33mg (8.84%), Folate: 30.77µg (7.69%), Manganese: 0.15mg (7.36%), Copper: 0.14mg (6.93%), Vitamin B1: 0.09mg (5.94%), Vitamin B5: 0.57mg (5.67%)