



## Roast Beef Sandwiches with Caramelized Onions

READY IN



50 min.

SERVINGS



6

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 11 oz bread refrigerated french canned
- ☐ 2 tablespoons butter
- ☐ 1 onion red separated sliced
- ☐ 1 tablespoon brown sugar packed
- ☐ 1 tablespoon water
- ☐ 0.3 cup dijon mustard
- ☐ 1 lb pan drippings from roast beef preferably cooked thinly sliced (from deli)
- ☐ 7.5 oz provolone cheese

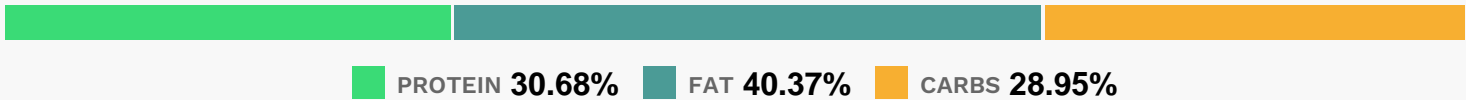
# Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife

# Directions

- ☐ Heat oven to 350°F. Spray cookie sheet with cooking spray.
- ☐ Place loaf of dough, seam side down, on cookie sheet. With sharp knife, make 4 or 5 diagonal cuts (1/4 inch deep) in top of loaf.
- ☐ Bake 26 to 30 minutes or until loaf is golden brown. Cool completely, about 20 minutes.
- ☐ Meanwhile, in large skillet, melt butter over medium-high heat.
- ☐ Add onions and brown sugar. Cook 10 minutes, stirring occasionally, until onions are tender.
- ☐ Add water. Reduce heat to medium-low; cook 10 to 15 minutes, stirring occasionally, until onions are golden and glazed.
- ☐ Set oven control to broil.
- ☐ Cut loaf in half lengthwise.
- ☐ Spread mustard over cut sides of loaf. Top each half with roast beef, onions and cheese.
- ☐ Place sandwich halves on cookie sheet.
- ☐ Broil with tops about 3 inches from heat 2 to 3 minutes or until cheese is melted and light golden brown.
- ☐ Cut into slices to serve.

# Nutrition Facts



# Properties

Glycemic Index:24.11, Glycemic Load:13.88, Inflammation Score:-6, Nutrition Score:21.092608664347%

# Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 412.33kcal (20.62%), Fat: 18.55g (28.54%), Saturated Fat: 8.14g (50.89%), Carbohydrates: 29.94g (9.98%), Net Carbohydrates: 27.1g (9.86%), Sugar: 6.04g (6.71%), Cholesterol: 67.54mg (22.51%), Sodium: 1800.77mg (78.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.73g (63.45%), Calcium: 558.43mg (55.84%), Vitamin B3: 8.66mg (43.3%), Vitamin C: 35.53mg (43.07%), Selenium: 28.82µg (41.16%), Phosphorus: 406.39mg (40.64%), Manganese: 0.71mg (35.28%), Vitamin B12: 1.81µg (30.12%), Zinc: 4.51mg (30.08%), Iron: 3.86mg (21.45%), Vitamin B6: 0.42mg (20.82%), Vitamin B2: 0.35mg (20.66%), Vitamin B1: 0.28mg (18.86%), Folate: 58.88µg (14.72%), Magnesium: 54.27mg (13.57%), Fiber: 2.84g (11.35%), Potassium: 380.81mg (10.88%), Vitamin A: 487.54IU (9.75%), Vitamin B5: 0.88mg (8.82%), Copper: 0.16mg (7.76%), Vitamin K: 3.56µg (3.39%), Vitamin E: 0.36mg (2.43%), Vitamin D: 0.18µg (1.18%)