



Roast Beef Sandwiches With Horseradish

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce bread rolls french sliced in half horizontally
- 4 curly kale leaves
- 1 tablespoon horseradish prepared
- 0.3 cup mayonnaise low-fat (such as Hellman's)
- 0.5 pound deli roast beef thinly sliced
- 0.3 cup cup heavy whipping cream light sour
- 2 small tomatoes ripe sliced

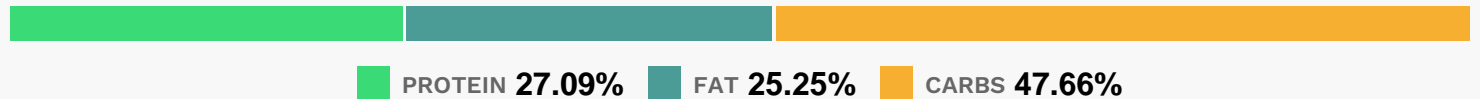
Equipment

bowl

Directions

- Combine first 3 ingredients in a small bowl; stir well.
- Spread sour cream mixture evenly over cut sides of rolls. Divide roast beef evenly over 4 bread halves. Top roast beef evenly with lettuce and tomato.
- Place remaining bread halves, sour cream mixture down, over tomato.

Nutrition Facts



Properties

Glycemic Index:38.38, Glycemic Load:23.25, Inflammation Score:-8, Nutrition Score:18.444347772909%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 287.3kcal (14.36%), Fat: 8.13g (12.5%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 34.52g (11.51%), Net Carbohydrates: 32.41g (11.79%), Sugar: 4.76g (5.29%), Cholesterol: 39.59mg (13.2%), Sodium: 1344.45mg (58.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.62g (39.25%), Vitamin C: 34.15mg (41.39%), Vitamin B3: 7.3mg (36.48%), Vitamin B1: 0.46mg (30.82%), Vitamin A: 1509.77IU (30.2%), Selenium: 21.02µg (30.02%), Vitamin K: 29.9µg (28.48%), Folate: 91.51µg (22.88%), Calcium: 221.22mg (22.12%), Vitamin B2: 0.35mg (20.6%), Iron: 3.7mg (20.56%), Manganese: 0.4mg (20.09%), Phosphorus: 197.56mg (19.76%), Zinc: 2.85mg (19.02%), Vitamin B6: 0.34mg (17.14%), Vitamin B12: 1.02µg (17.07%), Potassium: 405.1mg (11.57%), Magnesium: 39.67mg (9.92%), Fiber: 2.1g (8.42%), Copper: 0.16mg (8.2%), Vitamin E: 0.75mg (4.98%), Vitamin B5: 0.43mg (4.31%)