



Roast Beef Sandwiches with Lemon-Basil Mayonnaise and Roasted Red Onions

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 0.3 cup balsamic vinegar
- ☐ 18 inch ciabatta bread halved
- ☐ 0.3 cup basil fresh chopped
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 2.3 teaspoons lemon zest grated
- ☐ 1 cup mayonnaise

- ☐ 7 tablespoons olive oil extra virgin extra-virgin
- ☐ 2.5 pounds onion red peeled
- ☐ 16 ounces roast beef thinly sliced

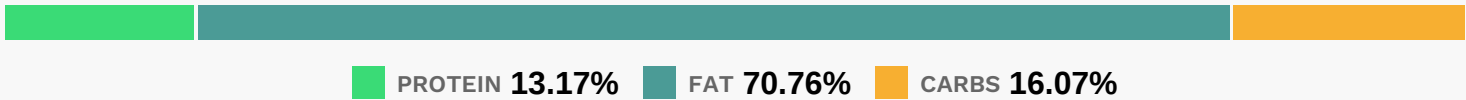
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425°F. Line large rimmed baking sheet with foil. Gently toss red onions, 5 tablespoons oil and vinegar in large bowl.
- ☐ Sprinkle with salt and pepper. Arrange onions in single layer on prepared sheet.
- ☐ Bake onions until brown at edges and just tender, about 40 minutes. Cool.
- ☐ Mix mayonnaise, basil, lemon juice, lemon peel and 2 tablespoons oil in small bowl. (Onions and mayonnaise can be made 2 days ahead. Cover separately and chill.)
- ☐ Spread mayonnaise over cut sides of bread.
- ☐ Place bottom halves on plates. Top with roast beef, onions and arugula. Cover with top halves of bread.
- ☐ *Ciabatta is an oval-shaped flat Italian bread available at many bakeries and supermarkets nationwide.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:4.96, Inflammation Score:-8, Nutrition Score:19.211304374363%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 9.76mg, Isorhamnetin: 9.76mg, Isorhamnetin: 9.76mg, Isorhamnetin: 9.76mg Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 38.91mg, Quercetin: 38.91mg, Quercetin: 38.91mg, Quercetin: 38.91mg

Nutrients (% of daily need)

Calories: 594.44kcal (29.72%), Fat: 47.21g (72.63%), Saturated Fat: 7.65g (47.79%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 20.61g (7.5%), Sugar: 10.08g (11.2%), Cholesterol: 58.77mg (19.59%), Sodium: 1424.42mg (61.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.77g (39.54%), Vitamin K: 82.86µg (78.91%), Vitamin C: 51.6mg (62.55%), Vitamin B3: 5.87mg (29.36%), Calcium: 274.83mg (27.48%), Vitamin B6: 0.54mg (27.08%), Vitamin E: 3.66mg (24.39%), Vitamin B12: 1.33µg (22.17%), Phosphorus: 214.99mg (21.5%), Zinc: 3.16mg (21.05%), Potassium: 539.75mg (15.42%), Manganese: 0.31mg (15.4%), Fiber: 3.51g (14.04%), Iron: 2.37mg (13.16%), Folate: 52.65µg (13.16%), Magnesium: 40.53mg (10.13%), Selenium: 6.9µg (9.86%), Vitamin B2: 0.16mg (9.34%), Vitamin B1: 0.13mg (8.62%), Copper: 0.15mg (7.33%), Vitamin B5: 0.56mg (5.62%), Vitamin A: 239.6IU (4.79%)