



Roast Beef Slices

READY IN



45 min.

SERVINGS



8

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce bread loaf italian cut in half lengthwise
- 1 tablespoon chives fresh chopped
- 0.3 cup parsley fresh chopped
- 2 tablespoons horseradish prepared
- 2 to 3 jalapeño peppers diced seeded
- 0.5 cup mayonnaise
- 8 ounces monterrey jack cheese shredded with peppers
- 0.3 teaspoon pepper
- 2 cups pan drippings from roast beef preferably shredded cooked chopped

- 12 ounce roasted bell peppers red drained chopped
- 0.1 teaspoon salt

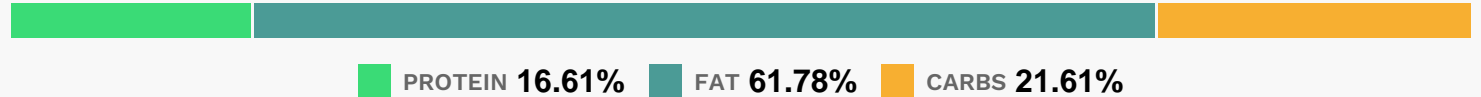
Equipment

- baking sheet
- oven

Directions

- Combine first 7 ingredients; spread evenly over cut sides of each bread half. Top with bell peppers; sprinkle with cheese.
- Place on a baking sheet.
- Bake at 450 for 8 to 10 minutes or until cheese melts.
- Sprinkle with chopped parsley.
- Cut into slices, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:0.27, Inflammation Score:-6, Nutrition Score:18.134347858636%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 599.71kcal (29.99%), Fat: 41.33g (63.59%), Saturated Fat: 18.68g (116.74%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 29.73g (10.81%), Sugar: 18.21g (20.23%), Cholesterol: 64.82mg (21.61%), Sodium: 1994.93mg (86.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25g (50%), Vitamin C: 54.19mg (65.68%), Vitamin K: 55.88µg (53.22%), Calcium: 401.41mg (40.14%), Vitamin B3: 7.29mg (36.47%), Phosphorus: 275.93mg (27.59%), Zinc: 3.26mg (21.7%), Vitamin B12: 1.26µg (20.96%), Vitamin B6: 0.36mg (17.78%), Iron: 3.16mg (17.55%),

Vitamin B2: 0.26mg (15.03%), Folate: 60.05µg (15.01%), Vitamin A: 660.65IU (13.21%), Selenium: 8.65µg (12.36%), Potassium: 406.74mg (11.62%), Fiber: 2.8g (11.21%), Magnesium: 37.27mg (9.32%), Vitamin B1: 0.13mg (8.4%), Copper: 0.12mg (5.82%), Manganese: 0.1mg (5.2%), Vitamin E: 0.67mg (4.49%), Vitamin B5: 0.3mg (3.01%), Vitamin D: 0.2µg (1.32%)