



Roast Beef, Tomato, and Red Onion Sandwich with Peppery Balsamic Vinaigrette Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

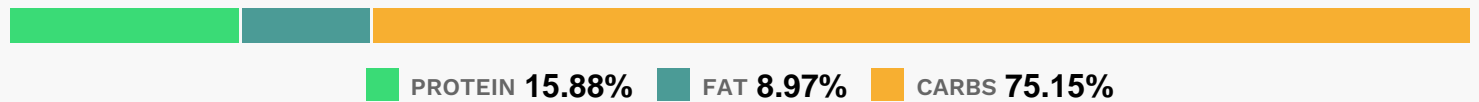
- 2 bunches arugula
- 12 servings peppery balsamic vinaigrette sauce
- 12 servings marinated pepper-crusted beef tenderloin thinly sliced
- 48 ounce loaves crusty bread french cut in half, horizontally
- 2 medium onions red thinly sliced
- 3 to 4 tomatoes sliced

Equipment

Directions

- Drizzle about 2 tablespoons Peppery Balsamic Vinaigrette Sauce on bottom half of each loaf of bread.
- Layer tenderloin slices, onions, tomatoes, and arugula over sauce; drizzle with remaining sauce. Cover with bread tops.
- Cut each sandwich into 4 pieces.

Nutrition Facts



Properties

Glycemic Index:14.79, Glycemic Load:46.18, Inflammation Score:-8, Nutrition Score:17.726086834203%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg Kaempferol: 6.72mg, Kaempferol: 6.72mg, Kaempferol: 6.72mg, Kaempferol: 6.72mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 329.69kcal (16.48%), Fat: 3.32g (5.1%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 62.52g (20.84%), Net Carbohydrates: 59.04g (21.47%), Sugar: 7.24g (8.05%), Cholesterol: 0mg (0%), Sodium: 699.01mg (30.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.21g (26.41%), Vitamin B1: 0.83mg (55.55%), Selenium: 32.58µg (46.54%), Folate: 165.84µg (41.46%), Manganese: 0.71mg (35.67%), Vitamin B2: 0.51mg (30.07%), Vitamin B3: 5.73mg (28.64%), Iron: 4.83mg (26.84%), Vitamin K: 23.82µg (22.69%), Phosphorus: 141.56mg (14.16%), Vitamin A: 703.43IU (14.07%), Fiber: 3.48g (13.91%), Magnesium: 50.35mg (12.59%), Copper: 0.21mg (10.6%), Vitamin C: 8.39mg (10.18%), Calcium: 96.49mg (9.65%), Vitamin B6: 0.18mg (9.08%), Zinc: 1.35mg (9.01%), Potassium: 301.81mg (8.62%), Vitamin B5: 0.51mg (5.11%), Vitamin E: 0.49mg (3.26%)