



Roast Beef with Secret Sauce

READY IN



10 min.

SERVINGS



2

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp original barbecue sauce kraft
- 1 Tbsp miracle whip dressing light
- 1 Tbsp orange marmalade
- 4 slices onion red
- 12 slices oscar mayer deli slow roasted roast beef fresh
- 2 sesame seed hamburger buns
- 2 milk sharp cheddar singles 2% kraft

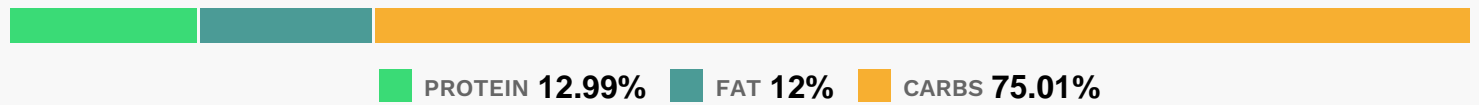
Equipment

- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Mix first 3 ingredients until blended; spread onto cut sides of buns.
- Fill with remaining ingredients. Wrap individually in foil.
- Bake 5 min. or until 2% Milk Singles are melted.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:13.31, Inflammation Score:-3, Nutrition Score:6.5100000205895%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 186.99kcal (9.35%), Fat: 2.51g (3.86%), Saturated Fat: 0.69g (4.28%), Carbohydrates: 35.29g (11.76%), Net Carbohydrates: 33.75g (12.27%), Sugar: 13.93g (15.48%), Cholesterol: 5.14mg (1.71%), Sodium: 464.1mg (20.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.22%), Selenium: 12.56µg (17.94%), Vitamin B1: 0.25mg (16.61%), Manganese: 0.29mg (14.25%), Folate: 47.1µg (11.77%), Vitamin B3: 2.31mg (11.56%), Calcium: 98.6mg (9.86%), Iron: 1.72mg (9.57%), Vitamin B2: 0.15mg (8.99%), Vitamin C: 5.86mg (7.1%), Phosphorus: 69.71mg (6.97%), Fiber: 1.54g (6.16%), Vitamin B6: 0.09mg (4.67%), Zinc: 0.63mg (4.2%), Potassium: 137.64mg (3.93%), Magnesium: 15.41mg (3.85%), Copper: 0.08mg (3.84%), Vitamin B12: 0.2µg (3.29%), Vitamin K: 2.33µg (2.22%), Vitamin E: 0.2mg (1.35%)