



## Robust Roast Beef Sandwich

READY IN



5 min.

SERVINGS



1

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 Tbsp real mayo mayonnaise kraft
- 1 pepper ring green red
- 1 provolone cheese kraft
- 1.5 oz oscar mayer carving board slow roasted roast beef
- 1 kaiser roll split

### Equipment

### Directions

Spread cut sides of roll with mayo.

Fill with remaining ingredients.

## Nutrition Facts

**PROTEIN 20.11%** **FAT 42.23%** **CARBS 37.66%**

### Properties

Glycemic Index:160, Glycemic Load:23.46, Inflammation Score:-7, Nutrition Score:17.968695384005%

### Flavonoids

Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

### Nutrients (% of daily need)

Calories: 408.6kcal (20.43%), Fat: 19.27g (29.64%), Saturated Fat: 5.44g (34.02%), Carbohydrates: 38.65g (12.88%), Net Carbohydrates: 35.56g (12.93%), Sugar: 7.37g (8.19%), Cholesterol: 43.14mg (14.38%), Sodium: 1161.84mg (50.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.64g (41.29%), Vitamin C: 114.81mg (139.17%), Iron: 12.08mg (67.09%), Vitamin K: 31.72µg (30.21%), Calcium: 282.1mg (28.21%), Vitamin B6: 0.45mg (22.58%), Phosphorus: 203.01mg (20.3%), Vitamin B3: 3.76mg (18.8%), Vitamin B12: 1.02µg (16.95%), Zinc: 2.32mg (15.49%), Fiber: 3.09g (12.35%), Vitamin A: 616.47IU (12.33%), Potassium: 356.3mg (10.18%), Vitamin B2: 0.15mg (8.78%), Selenium: 5.92µg (8.46%), Manganese: 0.16mg (7.81%), Magnesium: 26.29mg (6.57%), Vitamin E: 0.94mg (6.24%), Vitamin B1: 0.09mg (6.13%), Copper: 0.12mg (5.79%), Folate: 18.36µg (4.59%), Vitamin B5: 0.36mg (3.6%)