



## Robusto Beef

READY IN



5 min.

SERVINGS



1

CALORIES



251 kcal

SIDE DISH

## Ingredients

- 1 Tbsp garlic aioli kraft
- 1 singles kraft
- 1 onion sandwich roll split
- 2 pepper rings green red thin
- 2 slices onion red
- 5 slices oscar mayer deli slow roasted roast beef fresh

## Equipment

## Directions

- Spread aioli onto cut sides of roll.
- Fill with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:27, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:7.7173912991648%

## 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: 251.02kcal (12.55%), Fat: 8.26g (12.71%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 34.66g (11.55%), Net Carbohydrates: 32.87g (11.95%), Sugar: 2.26g (2.51%), Cholesterol: 7.68mg (2.56%), Sodium: 531.34mg (23.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.53%), Selenium: 22.76µg (32.52%), Vitamin B1: 0.29mg (19.17%), Folate: 59.92µg (14.98%), Manganese: 0.3mg (14.96%), Vitamin B3: 2.82mg (14.1%), Vitamin B2: 0.21mg (12.24%), Iron: 2.03mg (11.3%), Phosphorus: 84mg (8.4%), Calcium: 81.71mg (8.17%), Fiber: 1.79g (7.16%), Copper: 0.11mg (5.37%), Zinc: 0.79mg (5.26%), Vitamin C: 4.32mg (5.24%), Magnesium: 19.24mg (4.81%), Vitamin B6: 0.07mg (3.68%), Potassium: 118.8mg (3.39%), Vitamin B5: 0.28mg (2.83%), Vitamin E: 0.25mg (1.63%), Vitamin B12: 0.09µg (1.42%)