



Sack Lunch: Roast Beef Sandwich with Boursin

READY IN



45 min.

SERVINGS



1

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small crusty baguette good (or a hunk of baguette)
- 2 ounces philadelphia cheese and herb cooking creme
- 1 serving onion red thinly sliced
- 4 ounces pan drippings from roast beef preferably
- 1 small handful pkt spinach

Equipment

Directions

- Split the bread in half.
- Spread each half with Boursin. Assemble the sandwich.

Nutrition Facts

PROTEIN 29.97% **FAT 61.84%** **CARBS 8.19%**

Properties

Glycemic Index:130.75, Glycemic Load:3.46, Inflammation Score:-9, Nutrition Score:24.978261076886%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 403.89kcal (20.19%), Fat: 27.82g (42.79%), Saturated Fat: 17.07g (106.7%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 7.4g (2.69%), Sugar: 2.59g (2.88%), Cholesterol: 123.29mg (41.1%), Sodium: 2144.1mg (93.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.33g (60.66%), Vitamin K: 145.2µg (138.29%), Vitamin C: 59.53mg (72.16%), Vitamin A: 3399.39IU (67.99%), Vitamin B3: 9.1mg (45.49%), Calcium: 397.01mg (39.7%), Vitamin B12: 1.93µg (32.13%), Zinc: 4.33mg (28.89%), Vitamin B6: 0.52mg (26.18%), Phosphorus: 243.35mg (24.33%), Folate: 79.41µg (19.85%), Iron: 3.54mg (19.67%), Manganese: 0.34mg (16.92%), Potassium: 498.77mg (14.25%), Selenium: 9.62µg (13.75%), Vitamin B2: 0.23mg (13.44%), Magnesium: 50.21mg (12.55%), Vitamin B1: 0.13mg (8.87%), Copper: 0.13mg (6.54%), Vitamin E: 0.64mg (4.25%), Vitamin B5: 0.4mg (3.99%), Fiber: 0.89g (3.55%)