



Salt beef club with Cajun fries

 Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



1

CALORIES



915 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 potatoes cut into thin chips
- ☐ 2 tsp olive oil
- ☐ 0.5 tsp cajun spice
- ☐ 1 tbsp mayonnaise
- ☐ 1 tsp chives chopped
- ☐ 1 tsp dijon mustard
- ☐ 3 slices bread white lightly toasted
- ☐ 2 radishes thinly sliced

- ☐ 1 avocado sliced
- ☐ 2 slices corned beef ribs
- ☐ 4 servings romaine leaves

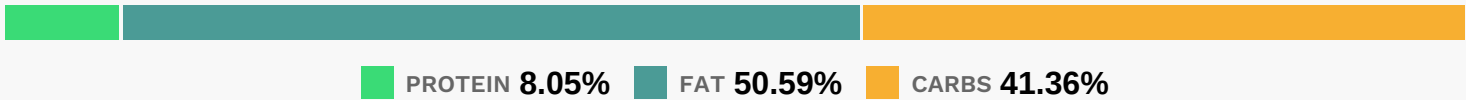
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ cocktail sticks

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Place the chips on a non-stick baking tray, toss with oil and Cajun seasoning, then spread out in a single layer. Pop in the oven and bake, turning once, for 20–25 mins or until golden and crisp. Season. Meanwhile, mix the mayonnaise, chives and mustard in a small bowl and season.
- ☐ Spread the mix onto 2 of the slices of bread.
- ☐ Layer 1 spread slice with radishes and avocado.
- ☐ Place the other slice, spread-side up, on top and add the salt beef and lettuce. Top with the final slice.
- ☐ Cut up and secure with cocktail sticks if you like, then serve alongside the fries.

Nutrition Facts



Properties

Glycemic Index:356.42, Glycemic Load:50.29, Inflammation Score:-10, Nutrition Score:49.929999841296%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg
Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.87mg,
Kaempferol: 1.87mg, Kaempferol: 1.87mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin:
1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 915.4kcal (45.77%), Fat: 53.5g (82.3%), Saturated Fat: 7.91g (49.47%), Carbohydrates: 98.42g (32.81%),
Net Carbohydrates: 75.18g (27.34%), Sugar: 9.2g (10.22%), Cholesterol: 6.88mg (2.29%), Sodium: 622.13mg
(27.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.16g (38.32%), Vitamin A: 8030.27IU (160.61%),
Vitamin C: 81.84mg (99.21%), Manganese: 1.95mg (97.52%), Fiber: 23.24g (92.97%), Vitamin K: 81.52µg (77.64%),
Folate: 309.52µg (77.38%), Vitamin B6: 1.38mg (68.81%), Potassium: 2240.37mg (64.01%), Vitamin B3: 11.07mg
(55.33%), Vitamin B1: 0.76mg (50.9%), Vitamin E: 6.73mg (44.88%), Vitamin B5: 4.21mg (42.07%), Selenium:
28.74µg (41.05%), Magnesium: 160.29mg (40.07%), Iron: 7.13mg (39.63%), Vitamin B2: 0.66mg (39.1%), Copper:
0.76mg (37.93%), Phosphorus: 378.56mg (37.86%), Zinc: 3.16mg (21.05%), Calcium: 199.28mg (19.93%)