



Southwest Beef Sandwich

 Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

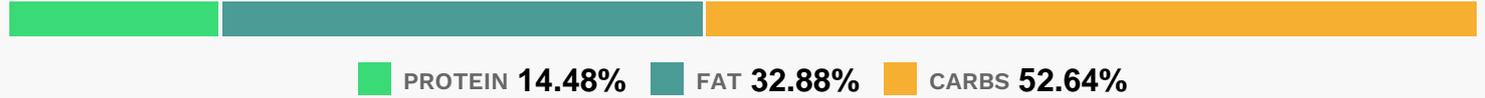
- 2 Tbsp chipotle aioli kraft
- 2 Tbsp chiles green canned drained chopped
- 0.5 cup regular corn frozen thawed drained
- 1 piece lettuce
- 4 deli deluxe process american cheese kraft
- 0.3 cup pasilla peppers red chopped
- 16 slices oscar mayer deli slow roasted roast beef fresh
- 4 kaiser rolls split

Equipment

Directions

- Combine first 4 ingredients.
- Fill rolls with lettuce, meat, cheese and corn mixture.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:24.05, Inflammation Score:-7, Nutrition Score:13.179565100566%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 331.69kcal (16.58%), Fat: 12.21g (18.79%), Saturated Fat: 4.36g (27.27%), Carbohydrates: 44g (14.67%), Net Carbohydrates: 40.41g (14.7%), Sugar: 7.85g (8.72%), Cholesterol: 25.61mg (8.54%), Sodium: 813.62mg (35.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.11g (24.21%), Iron: 11.7mg (64.99%), Vitamin K: 33.48µg (31.88%), Calcium: 265.47mg (26.55%), Vitamin C: 21.54mg (26.11%), Vitamin A: 1176.74IU (23.53%), Phosphorus: 190.47mg (19.05%), Folate: 57.71µg (14.43%), Fiber: 3.58g (14.33%), Manganese: 0.22mg (11.04%), Potassium: 317.68mg (9.08%), Vitamin B6: 0.16mg (7.85%), Zinc: 1.04mg (6.96%), Selenium: 4.84µg (6.92%), Vitamin B2: 0.12mg (6.83%), Vitamin B12: 0.38µg (6.38%), Magnesium: 23.75mg (5.94%), Vitamin B1: 0.09mg (5.81%), Vitamin B3: 0.96mg (4.82%), Vitamin E: 0.56mg (3.72%), Vitamin B5: 0.32mg (3.16%), Copper: 0.06mg (2.91%)