



Spicy Barbecued Roast Beef Sandwiches

READY IN



15 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup salsa chunky-style
- ☐ 0.5 cup barbecue sauce
- ☐ 0.5 lb pan drippings from roast beef preferably cooked thinly sliced
- ☐ 4 portugese rolls split
- ☐ 4 oz pepper jack cheese shredded

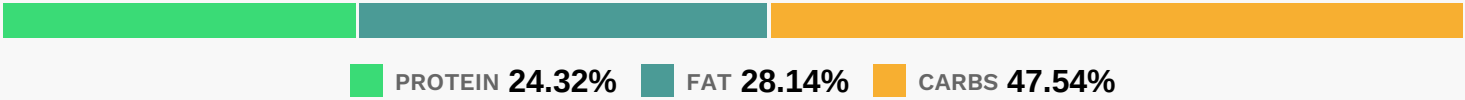
Equipment

- ☐ frying pan

Directions

- ☐ In 10-inch skillet, mix salsa and barbecue sauce. Stir in beef. Cook over medium heat 8 to 10 minutes, stirring frequently, until mixture is hot.
- ☐ Spoon beef mixture evenly onto bottom halves of buns.
- ☐ Sprinkle 1/4 cup cheese over each. Cover with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:23.01, Inflammation Score:-4, Nutrition Score:14.521739249644%

Nutrients (% of daily need)

Calories: 417.94kcal (20.9%), Fat: 13.06g (20.1%), Saturated Fat: 6.12g (38.24%), Carbohydrates: 49.66g (16.55%), Net Carbohydrates: 47.69g (17.34%), Sugar: 17.58g (19.53%), Cholesterol: 57.55mg (19.18%), Sodium: 1897.36mg (82.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.41g (50.81%), Iron: 12.41mg (68.94%), Calcium: 397.53mg (39.75%), Vitamin C: 26.35mg (31.94%), Phosphorus: 252.85mg (25.29%), Vitamin B3: 4.82mg (24.08%), Zinc: 3.02mg (20.15%), Vitamin B12: 1.2µg (19.99%), Vitamin B6: 0.33mg (16.66%), Vitamin B2: 0.21mg (12.4%), Selenium: 8.67µg (12.38%), Potassium: 348.51mg (9.96%), Vitamin A: 454.09IU (9.08%), Fiber: 1.97g (7.89%), Magnesium: 29.08mg (7.27%), Vitamin E: 0.76mg (5.04%), Copper: 0.1mg (4.78%), Manganese: 0.1mg (4.78%), Vitamin B5: 0.35mg (3.54%), Vitamin B1: 0.05mg (3.29%), Folate: 12.28µg (3.07%), Vitamin K: 2.72µg (2.59%), Vitamin D: 0.17µg (1.13%)