



Steakhouse" Grinder

READY IN



10 min.

SERVINGS



1

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tsp a.1. original sauce
- 2 tsp miracle whip dressing
- 0.3 cup mushroom fresh thin
- 0.3 cup onion thin
- 4 slices oscar mayer deli slow roasted roast beef fresh
- 1 big sharp cheddar cheese kraft
- 1 submarine roll split (6 inch)

Equipment

- frying pan
- microwave

Directions

- Cook sauce and vegetables in skillet on medium heat 5 min., stirring occasionally.
- Meanwhile, stack meat on microwaveable plate; top with cheese. Microwave on HIGH 30 sec. or until cheese is melted.
- Spread roll with dressing; fill with meat and vegetable mixture.

Nutrition Facts



Properties

Glycemic Index:159, Glycemic Load:24.3, Inflammation Score:-3, Nutrition Score:6.6634783420874%

Flavonoids

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: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 231.09kcal (11.55%), Fat: 3.12g (4.8%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 42.96g (14.32%), Net Carbohydrates: 40.48g (14.72%), Sugar: 10.57g (11.74%), Cholesterol: 4.18mg (1.39%), Sodium: 561.79mg (24.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.36%), Iron: 11.02mg (61.22%), Fiber: 2.48g (9.93%), Vitamin B2: 0.15mg (8.96%), Vitamin C: 6.42mg (7.78%), Vitamin B3: 1.51mg (7.57%), Copper: 0.13mg (6.28%), Vitamin B6: 0.11mg (5.7%), Vitamin B5: 0.56mg (5.61%), Potassium: 196.5mg (5.61%), Phosphorus: 55.79mg (5.58%), Selenium: 3.79µg (5.42%), Manganese: 0.08mg (4.24%), Folate: 16.15µg (4.04%), Calcium: 38.49mg (3.85%), Vitamin B1: 0.05mg (3.5%), Zinc: 0.44mg (2.92%), Magnesium: 9.32mg (2.33%), Vitamin B12: 0.09µg (1.52%)