

Sweet, Spicy & Smoky Beef Sandwich

READY IN



5 min.

SERVINGS



1

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp original barbecue sauce kraft
- 2 slices bread italian
- 1 romaine leaves
- 1 Tbsp miracle whip dressing light
- 0.3 tsp pepper sauce hot
- 1 Tbsp onions red finely chopped
- 6 slices oscar mayer deli slow roasted roast beef fresh
- 1 swiss singles kraft

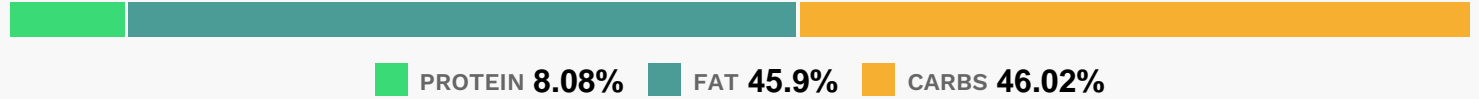
Equipment

Directions

Mix first 4 ingredients; spread onto bread slices.

Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:15.876956426579%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 289.93kcal (14.5%), Fat: 14.98g (23.05%), Saturated Fat: 7.87g (49.22%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 30.75g (11.18%), Sugar: 20.86g (23.18%), Cholesterol: 4.86mg (1.62%), Sodium: 680.96mg (29.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.87%), Vitamin K: 398.77µg (379.79%), Vitamin A: 4763.9IU (95.28%), Vitamin C: 23.16mg (28.07%), Manganese: 0.28mg (14.19%), Magnesium: 53.33mg (13.33%), Vitamin B3: 2.65mg (13.25%), Iron: 2.2mg (12.23%), Fiber: 3.04g (12.15%), Potassium: 395.69mg (11.31%), Folate: 43.9µg (10.97%), Vitamin E: 1.12mg (7.46%), Vitamin B1: 0.11mg (7.39%), Vitamin B2: 0.12mg (7.28%), Phosphorus: 62.65mg (6.27%), Vitamin B6: 0.12mg (6.11%), Calcium: 58.89mg (5.89%), Copper: 0.11mg (5.33%), Zinc: 0.56mg (3.76%), Selenium: 1.25µg (1.78%), Vitamin B12: 0.1µg (1.7%), Vitamin B5: 0.14mg (1.42%)