

The Big Sandwich

READY IN



45 min.

SERVINGS



6

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.5 pound ham cooked thinly sliced
- ☐ 1 pound bread french
- ☐ 2 tablespoons horseradish prepared
- ☐ 2 tablespoons mayonnaise
- ☐ 2 tablespoons mustard prepared
- ☐ 1 small onion thinly sliced
- ☐ 5 slices processed american cheese
- ☐ 0.5 pound pan drippings from roast beef preferably thinly sliced

- ☐ 5 slices swiss cheese
- ☐ 1 tomatoes thinly sliced
- ☐ 0.5 pound turkey cooked thinly sliced

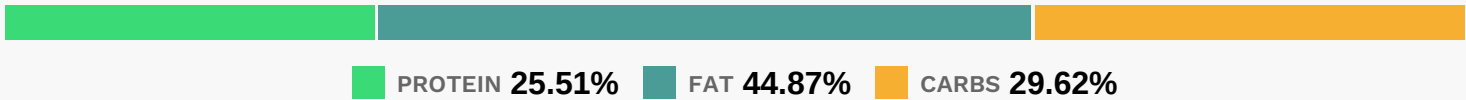
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ Slice the loaf of French bread HORIZONTALLY into 5 equal layers.
- ☐ Spread bottom layer with horseradish, top with roast beef.
- ☐ Place the next slice of bread over beef, spread with mustard and top with ham and Swiss cheese.
- ☐ Add next slice of bread, spread with mayonnaise and top with turkey and cheese.
- ☐ Add the next slice of bread, spread with more mayonnaise top with tomato and onion. Cover with top.
- ☐ Brush melted butter over top and sides of loaf (if desired).
- ☐ Place on a baking sheet, loosely tent with heavy duty foil.
- ☐ Bake for 15 to 20 minutes in the preheated oven, or until cheese is melted and sandwich is heated through. Carefully slice into 6 slices and serve.

Nutrition Facts



Properties

Glycemic Index:61.08, Glycemic Load:31.1, Inflammation Score:-7, Nutrition Score:26.631739191387%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 579.11kcal (28.96%), Fat: 28.92g (44.49%), Saturated Fat: 13.06g (81.64%), Carbohydrates: 42.95g (14.32%), Net Carbohydrates: 40.46g (14.71%), Sugar: 5.44g (6.05%), Cholesterol: 121.43mg (40.48%), Sodium: 1977.2mg (85.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37g (74%), Selenium: 47.25µg (67.51%), Vitamin B1: 0.79mg (52.99%), Phosphorus: 523.81mg (52.38%), Vitamin B3: 10.05mg (50.26%), Calcium: 472.65mg (47.27%), Vitamin C: 30.75mg (37.28%), Vitamin B12: 2.21µg (36.92%), Vitamin B2: 0.61mg (35.79%), Zinc: 4.67mg (31.13%), Folate: 111.12µg (27.78%), Vitamin B6: 0.55mg (27.36%), Iron: 4.62mg (25.68%), Manganese: 0.5mg (24.9%), Magnesium: 63.41mg (15.85%), Vitamin A: 712.03IU (14.24%), Potassium: 482.4mg (13.78%), Copper: 0.24mg (12.2%), Vitamin B5: 1.12mg (11.16%), Vitamin K: 11.26µg (10.72%), Fiber: 2.49g (9.95%), Vitamin E: 0.91mg (6.08%), Vitamin D: 0.19µg (1.3%)