



Tongue and Mustard Sandwiches

 Dairy Free

READY IN



155 min.

SERVINGS



12

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds beef tongue whole
- 1 cup coarse grained mustard prepared
- 1 onion thinly sliced
- 1 pound cocktail rye bread
- 1 tablespoon salt

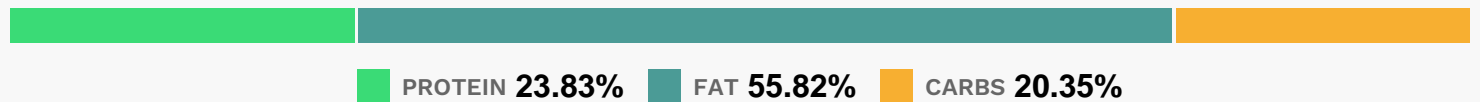
Equipment

- pot

Directions

- Rinse beef tongue and place in a large pot. Cover with water and add the salt and chopped onion. Bring to a boil, reduce heat and simmer for 2 to 4 hours or until tongue is tender.
- Remove tongue from cooking liquid and set aside until cool enough to handle.
- Cut through tough outer skin and peel it off. Trim any fat or gristle from base of tongue. Slice tongue crosswise into 1/4 inch thick slices.
- Slice loaf of rye bread in half lengthwise. Scoop out a small amount of the soft interior.
- Spread mustard over each half.
- Lay onions and tongue slices over bottom half of bread and top with other half and slice into individual sandwiches.

Nutrition Facts



Properties

Glycemic Index:9.28, Glycemic Load:8.66, Inflammation Score:-3, Nutrition Score:15.765652250984%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 402.26kcal (20.11%), Fat: 24.64g (37.9%), Saturated Fat: 8.99g (56.21%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 16.97g (6.17%), Sugar: 2.14g (2.38%), Cholesterol: 80.51mg (26.84%), Sodium: 1113.89mg (48.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.67g (47.33%), Selenium: 35.79µg (51.13%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.32mg (35.47%), Vitamin B3: 6.36mg (31.78%), Phosphorus: 251.49mg (25.15%), Manganese: 0.42mg (21.13%), Vitamin B6: 0.42mg (21%), Iron: 3.62mg (20.13%), Vitamin B2: 0.31mg (18.27%), Vitamin B1: 0.26mg (17.08%), Folate: 52.71µg (13.18%), Fiber: 3.24g (12.96%), Potassium: 413.55mg (11.82%), Magnesium: 45.29mg (11.32%), Vitamin B5: 0.81mg (8.09%), Copper: 0.16mg (7.94%), Calcium: 63.55mg (6.35%), Vitamin E: 0.66mg (4.43%), Vitamin K: 2.84µg (2.71%), Vitamin C: 0.91mg (1.11%)