



Ultimate Roast Beef Blues Sandwich

READY IN



15 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

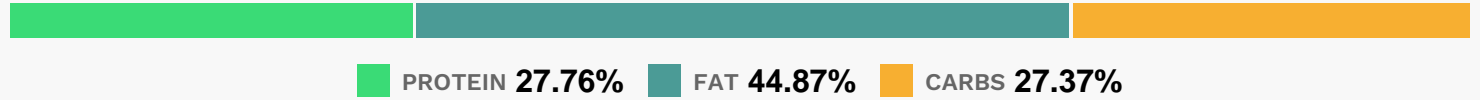
- 0.8 cup cheese blue crumbled
- 16 basil leaves fresh
- 0.3 cup mayonnaise light
- 1 pound deli roast beef cooked thinly sliced
- 4 sub rolls whole wheat lightly toasted
- 0.5 cup walnuts toasted

Equipment

Directions

- Open the rolls and spread each side with 1 to 2 tablespoons of mayonnaise.
- Place 4 basil leaves on four of the rolls.
- Layer the same four rolls with the roast beef, 1 to 2 tablespoons of blue cheese, and a sprinkling of walnuts. Top each with the remaining half rolls.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:23.34, Inflammation Score:-5, Nutrition Score:23.143913199072%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 539.11kcal (26.96%), Fat: 27.12g (41.73%), Saturated Fat: 7.64g (47.72%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 35.15g (12.78%), Sugar: 5.51g (6.12%), Cholesterol: 86.61mg (28.87%), Sodium: 2444.98mg (106.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.76g (75.53%), Iron: 13.61mg (75.62%), Vitamin C: 51.51mg (62.43%), Calcium: 475.84mg (47.58%), Vitamin B3: 8.86mg (44.32%), Vitamin B12: 2.24µg (37.28%), Phosphorus: 371.12mg (37.11%), Zinc: 5.24mg (34.97%), Vitamin B6: 0.58mg (28.85%), Manganese: 0.54mg (27.14%), Selenium: 12.47µg (17.82%), Vitamin K: 17.67µg (16.83%), Copper: 0.33mg (16.59%), Vitamin B2: 0.26mg (15.25%), Magnesium: 54.14mg (13.54%), Potassium: 457.32mg (13.07%), Folate: 35.6µg (8.9%), Vitamin B5: 0.88mg (8.75%), Fiber: 2.07g (8.28%), Vitamin B1: 0.11mg (7.35%), Vitamin A: 293.53IU (5.87%), Vitamin E: 0.59mg (3.92%)