



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Half Sandwiches Challah Roast Beef

This recipe is a classic roast beef sandwich made with tender roast beef slices and served on soft and fluffy challah bread. It's a perfect combination of flavors and textures that will satisfy your cravings.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

100 g challah bread

100 g roast beef slices

### Directions

## Step 1

### Cutting

Slice the challah bread into halves.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 2

Place the roast beef slices on one half of the challah bread.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 3

Cover with the other half of the challah bread.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 280 kcal

**Fat:** 6 g

**Protein:** 20 g

**Carbohydrates:** 34 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	34 g	61.82%	68%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	40 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	35 mcg	1458.33%	1458.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	15 mg	187.5%	83.33%
Potassium	200 mg	5.88%	7.69%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Cuisines

American

### Nutritional Content

Low Fat

### Course

Desserts

Breads

Snacks

### Cultural

Chinese New Year

Easter

### Cost

Under \$10

### Demographics

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

**Meal Type**

Lunch

Snack

Supper

**Difficulty Level**

Easy

Visit our website: [healthdor.com](http://healthdor.com)