



Healthdor

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6" Roast Beef ••

A delicious roast beef sandwich made with tender, juicy beef and fresh ingredients.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Roast Beef
8 slices	bread
4 tbsp	mayonnaise
2 tbsp	mustard
8 leaves	lettuce
4 slices	Tomato

4 slices onion

Directions

Step 1

Preheating

Preheat the oven to 350°F.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the roast beef into thin slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Toasting

Toast the bread slices.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Spreading

Spread mayonnaise and mustard on the bread slices.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Layering

Layer the roast beef, lettuce, tomato, and onion on the bread slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Serving

Serve the sandwiches and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	4 g	10.53%	16%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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