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Beef Brisket on Large Wheat Sub with Mayo & Cheese ♦♦

This recipe features tender beef brisket served on a large wheat sub roll with mayo and cheese. It's a hearty and delicious sandwich that is perfect for lunch or dinner.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 240 mins

Total Time: 255 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

1000 g	Beef Brisket
4 pieces	large wheat sub roll
100 g	mayo
200 g	cheese

Directions

Step 1

Preheating

Preheat the oven to 300°F.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the beef brisket with salt and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Roasting

Place the beef brisket in a roasting pan and cover with foil.

Prep Time: 5 mins

Cook Time: 127 mins

Step 4

Resting

Remove the beef brisket from the oven and let it rest for 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Cutting

Slice the beef brisket thinly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Spreading

Spread mayo on each side of the wheat sub roll.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Plating

Place the sliced beef brisket on the sub roll.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Plating

Top with cheese and close the sub roll.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	25 g	147.06%	147.06%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	75 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	3 mcg	125%	125%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	150 mg	15%	15%
Iron	3 mg	37.5%	16.67%
Potassium	400 mg	11.76%	15.38%
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

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

Picnic

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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