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Max Roast Beef Sandwich *

The Max Roast Beef Sandwich is a classic sandwich made with tender roast beef, fresh vegetables, and a delicious sauce. It is perfect for a quick and satisfying meal.

Recipe Type: Standard Prep Time: 15 mins

Cook Time: N/A Total Time: 15 mins

Recipe Yield: 300 grams Number of Servings: 2

Serving Size: 150 g

Ingredients

200 g	Roast Beef
4 slices	bread
50 g	lettuce
50 g	Tomato
30 g	mayonnaise
20 g	mustard

Directions

Step 1

Spread mayonnaise on one side of each bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Spread mustard on one side of each bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Layer roast beef, lettuce, and tomato slices on one bread slice.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Cover with another bread slice.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Repeat steps 3 and 4 for the remaining ingredients.

Prep Time: 4 mins

Cook Time: 0 mins

Step 6



Cut the sandwiches in half and serve.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

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

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	8 mg	0.8%	0.8%
Iron	20 mg	250%	111.11%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

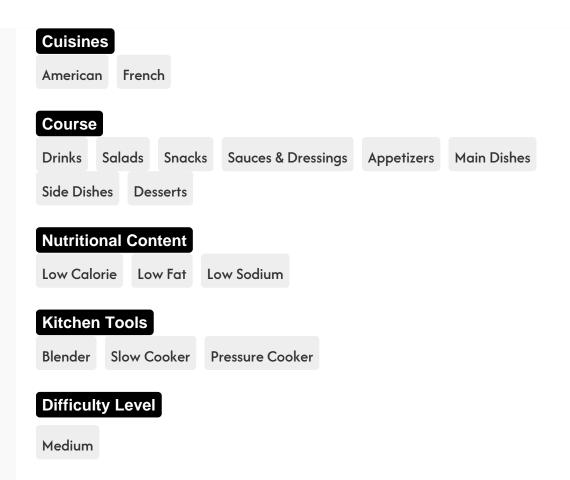
Recipe Attributes

Meal Type

Breakfast Lunch Snack Supper

Events

Picnic



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