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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

|                 |            |
|-----------------|------------|
| <b>200 g</b>    | Roast Beef |
| <b>4 slices</b> | bread      |
| <b>50 g</b>     | lettuce    |
| <b>50 g</b>     | Tomato     |
| <b>30 g</b>     | mayonnaise |
| <b>20 g</b>     | mustard    |

# Directions

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## Step 1

Spread mayonnaise on one side of each bread slice.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Spread mustard on one side of each bread slice.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

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

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

Cover with another bread slice.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 5

Repeat steps 3 and 4 for the remaining ingredients.

**Prep Time:** 4 mins

**Cook Time:** 0 mins

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## Step 6

Cutting

Cut the sandwiches in half and serve.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 400 kcal

**Fat:** 15 g

**Protein:** 25 g

**Carbohydrates:** 40 g

## Nutrition Facts

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## 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) |
|----------|-------|------------------------|--------------------------|
|----------|-------|------------------------|--------------------------|

|             |        |         |         |
|-------------|--------|---------|---------|
| 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

## Cuisines

American

French

## Course

Drinks

Salads

Snacks

Sauces & Dressings

Appetizers

Main Dishes

Side Dishes

Desserts

## Nutritional Content

Low Calorie

Low Fat

Low Sodium

## Kitchen Tools

Blender

Slow Cooker

Pressure Cooker

## Difficulty Level

Medium

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