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Beefeater Sandwich ♦

The Beefeater Sandwich is a famous favorite known for its hearty and flavorful combination of beef and vegetables. It is typically consumed as a lunch or dinner option.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|-------|------------|
| 400 g | Beef |
| 100 g | lettuce |
| 100 g | Tomato |
| 50 g | onion |
| 50 g | mayonnaise |
| 25 g | mustard |

| | |
|-------|--------|
| 5 g | Salt |
| 5 g | Pepper |
| 400 g | bread |

Directions

Step 1

Grilling

Grill the beef until cooked to desired doneness.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Cutting

Slice the lettuce, tomato, and onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Spreading

Spread mayonnaise and mustard on the bread slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Assembling

Assemble the sandwich by layering the grilled beef, lettuce, tomato, and onion on the bread slices.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Seasoning

Season with salt and pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 30 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 | 30 g | 54.55% | 60% |
| Fibers | 5 g | 13.16% | 20% |
| 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 | 10 g | N/A | N/A |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Saturated Fat | 5 g | 22.73% | 29.41% |
| Fat | 20 g | 71.43% | 80% |
| Cholesterol | 80 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 | 15 mcg | 625% | 625% |
| Vitamin E | 5 mg | 33.33% | 33.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 500 mg | 21.74% | 21.74% |
| Calcium | 10 mg | 1% | 1% |
| Iron | 15 mg | 187.5% | 83.33% |
| Potassium | 500 mg | 14.71% | 19.23% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Zinc | 10 mg | 90.91% | 125% |
| Selenium | 20 mcg | 36.36% | 36.36% |

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Dinner

Course

Appetizers

Side Dishes

Salads

Snacks

Cultural

Chinese New Year

Cooking Method

Frying

Boiling

Whipping

Cutting

Cut

Serving

None

Difficulty Level

Medium

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