

french dip sandwich nutrition

french dip sandwich nutrition is a topic of interest for many who enjoy this classic American dish. Known for its savory roast beef filling and a side of flavorful au jus for dipping, the french dip sandwich offers a unique combination of taste and texture. Understanding the nutritional content of this sandwich is essential for those monitoring their diet, whether for weight management, heart health, or general wellness. This article explores the key nutritional components of the french dip sandwich, including calories, macronutrients, vitamins, and minerals. Additionally, it examines how variations in preparation and ingredients can impact the overall nutrition profile. Readers will also find guidance on healthier alternatives and tips for making informed choices when indulging in this flavorful meal.

- Caloric Content of a French Dip Sandwich
- Macronutrients Breakdown
- Micronutrients and Health Benefits
- Variations and Their Nutritional Impact
- Healthier Preparation Tips

Caloric Content of a French Dip Sandwich

The caloric content of a french dip sandwich varies depending on the portion size, ingredients, and preparation method. Typically, a standard french dip sandwich contains between 600 to 900 calories. This range accounts for the bread, roast beef, cheese (if included), and the au jus dipping sauce. The bread alone contributes a significant portion of the calories, often made from a French roll or baguette, which is dense and carb-rich. The roast beef adds protein and fats, which also influence the total calorie count. Additionally, any added butter or oil used in toasting the bread or preparing the meat will increase the caloric value.

Macronutrients Breakdown

Analyzing the macronutrient distribution of a french dip sandwich provides insight into its nutritional balance. The primary macronutrients include carbohydrates, proteins, and fats.

Carbohydrates

The bread contributes the majority of carbohydrates in a french dip sandwich. A typical French roll contains approximately 40 to 50 grams of carbohydrates, primarily from starches and sugars. Carbohydrates serve as the main energy source, but excessive intake can impact blood sugar levels, particularly in individuals with insulin sensitivity.

Proteins

Roast beef is the main protein source in a french dip sandwich, providing around 25 to 35 grams of protein per serving. Protein is essential for muscle repair, immune function, and overall cellular health. The quality of protein in roast beef is high, containing all essential amino acids.

Fats

The fat content varies based on the cut of beef and any added condiments or cheese. On average, a french dip sandwich contains 15 to 25 grams of fat, including saturated and unsaturated fats. Saturated fats should be consumed in moderation as they can affect cardiovascular health.

- Carbohydrates: 40-50 grams
- Proteins: 25-35 grams
- Fats: 15-25 grams

Micronutrients and Health Benefits

Beyond macronutrients, the french dip sandwich provides several important vitamins and minerals. Roast beef is a rich source of iron, zinc, and vitamin B12, all vital for red blood cell production, immune function, and neurological health. The sandwich also contains varying amounts of sodium, which can be high due to seasoning and the au jus broth.

Iron and Zinc

Iron in roast beef helps transport oxygen in the blood, preventing anemia. Zinc supports immune response and wound healing. A typical serving provides a significant portion of the recommended daily intake for these minerals.

Vitamin B12

Vitamin B12 is essential for nerve function and DNA synthesis. Animal-based foods like roast beef are one of the best sources of this vitamin, making the french dip sandwich a beneficial option for those at risk of deficiency.

Sodium Content

The au jus dipping sauce often contains added salt and broth concentrates, which can elevate sodium levels. High sodium intake is linked to increased blood pressure and cardiovascular risk. Therefore, moderation is advised, especially for individuals with hypertension.

Variations and Their Nutritional Impact

Several variations of the french dip sandwich exist, each affecting the nutrition profile differently. Common alterations include the addition of cheese, different bread types, or alternative dipping sauces.

Cheese Additions

Adding cheese, such as Swiss or provolone, increases the fat and calorie content. Cheese contributes calcium and protein but also adds saturated fat and sodium.

Bread Variations

Using whole-grain or multigrain bread instead of white French rolls can improve fiber content and micronutrient density. Fiber supports digestive health and can aid in blood sugar regulation.

Alternative Sauces

Some recipes substitute au jus with creamy horseradish sauce or mayonnaise-based spreads, which typically increase calories and fats, particularly saturated fats.

Healthier Preparation Tips

Optimizing french dip sandwich nutrition involves making mindful ingredient choices and cooking methods. Below are several strategies to enhance nutritional value while maintaining flavor:

1. **Choose lean cuts of beef:** Selecting lean roast beef reduces saturated fat intake.
2. **Opt for whole-grain bread:** Whole-grain options increase fiber and micronutrients.
3. **Limit cheese and high-fat condiments:** Use cheese sparingly or choose lower-fat varieties.
4. **Prepare homemade au jus:** Control sodium by making broth from scratch with reduced salt.
5. **Incorporate vegetables:** Add fresh greens or grilled vegetables to increase fiber and vitamins.

Frequently Asked Questions

What are the typical calorie counts for a French dip sandwich?

A typical French dip sandwich contains approximately 400 to 700 calories, depending on the portion size and ingredients used such as the type of bread and amount of beef.

Is a French dip sandwich high in protein?

Yes, a French dip sandwich is generally high in protein because it primarily contains thinly sliced roast beef, which is a good source of protein.

How much fat is in a French dip sandwich?

The fat content in a French dip sandwich can range from 15 to 30 grams, depending on the cut of beef and whether cheese or butter is added to the sandwich.

Are French dip sandwiches high in sodium?

French dip sandwiches can be high in sodium due to the seasoned beef and broth used for dipping, often containing 800 mg or more of sodium per serving.

Can a French dip sandwich be made healthier?

Yes, to make a French dip sandwich healthier, you can use lean cuts of beef, whole grain bread, limit cheese and butter, and choose a low-sodium broth for dipping.

Additional Resources

1. *The Nutritional Breakdown of French Dip Sandwiches*

This book offers a detailed analysis of the ingredients commonly found in French dip sandwiches and their nutritional content. Readers will learn about calorie counts, macronutrient ratios, and the impact of various toppings and bread choices. It also provides healthier alternatives to traditional recipes for those seeking better nutrition without sacrificing flavor.

2. *Healthy French Dip: A Guide to Guilt-Free Enjoyment*

Focusing on making the classic French dip sandwich healthier, this guide presents recipes that reduce fat, sodium, and calories. It explores ingredient substitutions such as leaner cuts of beef, whole grain breads, and low-sodium broths. The book also includes tips on portion control and balancing meals to maintain a nutritious diet.

3. *French Dip Sandwiches: Balancing Flavor and Nutrition*

This book delves into the challenge of maintaining the rich, savory taste of French dip sandwiches while improving their nutritional profile. It discusses the roles of protein, fats, and carbohydrates in the sandwich and how to optimize each for better health outcomes. Readers will find practical advice on ingredient selection and preparation methods.

4. *The Science of French Dip Sandwich Nutrition*

Providing a scientific perspective, this book examines the biochemical and physiological effects of eating French dip sandwiches. It explains how the sandwich's components affect digestion,

metabolism, and energy levels. The book also reviews current research on red meat consumption and heart health in relation to this popular dish.

5. *French Dip Sandwiches: From Classic to Nutritious*

This cookbook transforms the traditional French dip into a variety of nutritious options. Featuring recipes that incorporate vegetables, whole grains, and lean proteins, it caters to health-conscious readers. Nutritional information accompanies each recipe, helping readers make informed dietary choices.

6. *Gourmet Nutrition: Elevating the French Dip Sandwich*

Aimed at food enthusiasts who care about nutrition, this book combines gourmet cooking techniques with nutritional science. It shows how to enhance the flavor profile of French dip sandwiches using fresh, wholesome ingredients. The book includes sections on sourcing quality beef and making nutrient-rich au jus.

7. *French Dip Sandwich Nutrition for Athletes*

Targeted at athletes and fitness enthusiasts, this book explores how French dip sandwiches can fit into a high-performance diet. It highlights the sandwich's protein content and how to tailor it to support muscle recovery and energy needs. Meal plans and nutritional strategies are provided to incorporate the sandwich into balanced athletic nutrition.

8. *Low-Calorie French Dip Sandwiches: Recipes and Tips*

This book is dedicated to creating delicious French dip sandwiches that are low in calories without compromising taste. It offers creative recipe modifications, such as using leaner meats, reduced-fat cheeses, and lighter bread options. Helpful tips for cooking techniques that preserve flavor while cutting calories are also included.

9. *French Dip Sandwiches and Heart Health*

Focusing on cardiovascular nutrition, this book examines how to enjoy French dip sandwiches while maintaining heart health. It discusses the impact of saturated fats, sodium, and cholesterol found in traditional recipes and offers heart-friendly alternatives. Readers will find guidance on ingredient choices and meal planning to support a healthy heart.

French Dip Sandwich Nutrition

Find other PDF articles:

<https://www-01.massdevelopment.com/archive-library-307/Book?dataid=ZSf23-0442&title=free-nre-mt-paramedic-practice-test.pdf>

french dip sandwich nutrition: *Nutrition* Paul M. Insel, R. Elaine Turner, Don Ross, 2004 Nutrition is unique in its behavioral approach--challenging students to actively participate, not just memorize the material. Offering a balanced coverage of behavioral change and the science of nutrition.

french dip sandwich nutrition: *Discovering Nutrition* Paul M. Insel, R. Elaine Turner, Don Ross, 2006 This second edition has been updated by include MyPyramid and the 2005 Dietary Guidelines as well as coverage of material such as digestion, metabolism, chemistry and life cycle

nutrition.

french dip sandwich nutrition: Food Science and Human Nutrition G. Charalambous, 2015-05-11 This volume brings together 63 papers dealing with chemical, biochemical, sensory, microbiological, nutritional, technological and analytical aspects of foods for human consumption. The information presented is of considerable interest to all researchers, analysts, nutritionists, manufacturers, packagers, etc., involved in the perennial effort to gain more insight into the correlation between food science and human nutrition. (Limitation of space allows only a selection of papers to be mentioned).

french dip sandwich nutrition: The NutriBase Nutrition Facts Desk Reference , 2001 From abalone to zucchini, this easy-to-use reference provides information that helps monitor the nutritional intake of thousands of food products.

french dip sandwich nutrition: Oversight Hearings on Child Nutrition United States. Congress. House. Committee on Education and Labor. Subcommittee on Elementary, Secondary, and Vocational Education, 1981

french dip sandwich nutrition: Techniques of Healthy Cooking, Professional Edition The Culinary Institute of America (CIA), 2007-11-19 Techniques of Healthy Cooking is the newest, most comprehensive guide to healthy cooking in a professional setting. The book includes straightforward information on nutritional basics like types of nutrients and how they function in the body, reading and using food labels, caloric intake recommendations, and planning recipes and menus around various dietary guidelines. Also included is detailed information on ingredients, serving sizes, food safety from preparation to plating, and nutrition-related conditions like diabetes, obesity, and hypertension. In the Healthy Menu chapter, chefs will learn to create menu objectives, figure out what to emphasize and what to limit in menu planning, and develop nutritious menus for various operations and special needs. An extensive glossary explains basic terms and concepts, and the book provides 300 delicious recipes - 100 all-new - including nutrition information and optional modifications. Recipes include meats, fish, poultry, vegetables, fruits, grains, cereals, pasta, nuts and legumes, soups, sauces, salads, appetizers, breads, sandwiches, pizzas, breakfasts, and desserts. They are accompanied by vibrant full-color photography throughout, including 150 plated food shots and 50 dynamic process shots that demonstrate the tools, equipment, and techniques of healthy cooking. The step-by-step photos and recipes will inspire chefs to get creative with nutritional cooking, while the plated food shots beautifully illustrate that a dish can be exciting, great-tasting, and healthy all at once. Prepared by The Culinary Institute of America, which has been hailed by Time magazine as the nation's most influential training school for cooks, The Professional Chef's® Techniques of Healthy Cooking, Second Edition, offers nutritional cooking techniques and theories that have been tested and proven in the Institute's kitchens. It begins with the language of nutrition. The lessons of the USDA food guide pyramid, the Mediterranean pyramid, and a vegetarian pyramid from the American Dietetic Association (ADA) are used as a foundation for the Institute's seven principles of healthy cooking. They call upon the chef to introduce a wider array of foods such as fruits, grains, and vegetables into dishes. Successful strategies for cooking with less fat, moderating salt, and choosing and using healthy sweeteners are included as well. A separate section on creating healthy menus covers menu and recipe development, nutritional analysis, and nutrition labeling in menus and advertising. Special features of this incomparable guide include: Seven principles of healthy cooking Nearly 400 of the Institute's best recipes -200 of them new to this edition Over 250 photos that illustrate basic and advanced preparation techniques and inspire with elegant presentations for healthful dishes Practical tips for healthy sautéing, stir frying, grilling, baking, smoke-roasting, and more Dependable guidelines for selecting healthy, fresh ingredients A nutritional analysis for each recipe, with separate breakdowns for sauces, side dishes, and other components

french dip sandwich nutrition: The NutriBase Nutrition Facts Desk Reference Art Ulene, 1995 With over 40,000 entries, this book presents information for a wide range of foods.

french dip sandwich nutrition: New Cook Book Jennifer Darling, 2004-03 Includes two

bonus chapters of recipes, menus, party and decorating ideas, and shortcut treats Bonus Chapter No. 1: Holiday Menus Menus for Thanksgiving to Christmas and the Super Bowl including holiday brunches, appetizer parties, dessert parties, and simple dinners for busy families Additional recipes new to this edition Make-ahead information and time tables for all menus so more time is spent with guests, not in the kitchen Fun and simple tabletop decorating ideas to dress up holiday tables Tips to make holidays easier and more fun Bonus Chapter No. 2: Shortcut Treats Simple cookies and candies (using a mix or just a few ingredients stirred together) Food gifts that include easy packaging ideas How to organize a cookie exchange Simple decorating ideas to dress up packaged cookies

french dip sandwich nutrition: Dietitian's Pocket Guide to Nutrition Nancie Harvey Herbold, Sari Edelstein, 2010 Portable and concise, the Dietitian's Pocket Guide to Nutrition serves as an easy reference for dietitians and other health care professionals who quickly need to access the recommended nutrition care for various medical conditions and problems. Serving as a key healthcare, the dietitian will be able to answer patients' questions concerning their specific nutritional needs and make informed decisions about foods a patient may or may not consume. The Dietitian's Pocket Guide to Nutrition allows easy access to essential nutrition information that is critical to patient care.

french dip sandwich nutrition: Nutrition in the Fast Lane , 2003

french dip sandwich nutrition: Culinary Nutrition Jacqueline B. Marcus, 2025-05-15 Culinary Nutrition: The Science and Practice of Healthy Cooking, Second Edition is one of the first textbooks specifically written to bridge the relationship between food science, nutrition, and culinology as well as consumer choices for diet, health, and enjoyment. The book uses a comprehensive format with real-life applications, recipes, and color photographs of finished dishes to emphasize the necessity of sustainably deliverable, health-beneficial, and taste-desirable products. The book includes pedagogical elements to enhance and reinforce learning opportunities; explores which foods and beverages involve the optimum nutritional values for dietary and health needs; includes specific dietary requirements throughout the lifecycle; and examines how foods and beverages are produced. The fully revised second edition includes updated dietary and health guidelines and recommendations; more vegan, vegetarian, and plant-based meals; updated protein, carbohydrate, fat, vitamin and mineral recommendations; environmental and sustainability considerations; and much more. - Explores the connections among the technical sciences of nutrition, food science, and the culinary arts, as well as consumer choices for diet, health, and enjoyment - Presents laboratory-type, in-class activities using limited materials with real-life applications of complex, scientific concepts - Includes photographs and recipes that are integrated to enhance learning experiences - Offers online support for qualified instructors and students, including an exam test bank, case studies, hands-on applications, and recipes that are suitable for a variety of settings

french dip sandwich nutrition: 400 Calorie Slow-Cooker Recipes Gooseberry Patch, 2018-08-10 Whether you wish to get trim or simply maintain a balanced lifestyle, Gooseberry Patch's 400 Calorie Slow-Cooker Recipes takes the guesswork out of making calorie-controlled dishes your family will want to sink their teeth into again and again. With smart ingredient choices, we were able to makeover the most-beloved Gooseberry Patch slow cooker main dish recipes and slash their calories to 400 or less. As a bonus, we've branched out beyond entrées to include luscious desserts and snacks—most have less than 250 calories. Tips inside include: Low-Cal Add-Ons provide calorie amounts for optional garnishes, side dishes and other accompaniments. Skinny Secrets teach you the tricks and techniques to making lighter dishes without losing an ounce of lip-smacking taste. Savvy Swaps give you ideas for handy, equal-calorie ingredient substitutions. Nutrition Facts with every recipe provide a complete list of nutrients—including calories, total fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein.

french dip sandwich nutrition: Eat More of What You Love Marlene Koch, 2012-04-03 New York Times and Wall Street Journal Bestseller! More amazing, easy, guilt-free recipes from Marlene

Koch. More comfort food, more family favorites, more restaurant dishes -- and more chocolate! Marlene Koch, author of the bestselling cookbook *Eat What You Love: More than 300 Incredible Recipes Low in Sugar, Fat and Calories*, has been dubbed a magician in the kitchen when it comes to slashing sugar, calories, and fat -- but never great taste! Here Marlene delivers MORE amazing recipes that are not only healthier but more delicious than ever! More comfort foods like Sour Cream and Onion Smashed Potatoes and Macaroni and Cheese Muffins, more restaurant classics like Chicken Fettuccine Alfredo (330 calories versus the usual 1,400!) and P.F. Chang-Style Mongolian Beef, more slow cooker recipes like Lazy Day Lasagna, more quick and easy recipes like 15-Minute Shrimp Fettuccine and Quick-Fix Carmelized Onions, and LOTS more desserts including her Amazing Pecan Pie Cups (with under a teaspoon of sugar in each!), Raspberry Oat Bars, and 90-Calorie Chocolate Cupcakes. (Note: Current up-to-date downloadable Weight Watcher points addendums for all *Eat What You Love* books can be found on the MarleneKoch website.

french dip sandwich nutrition: New Cook Book Better Homes and Gardens, Tricia Laning, 2005 Presents the seventy-fifth anniversary edition of the famous cookbook and contains a collection of full-color photographs and detailed instructions to a number of recipes.

french dip sandwich nutrition: Nutrition Almanac Cookbook John D. Kirschmann, 1983 Abstract: A system for balancing meals, which includes meal planning and specific menus is presented in a cookbook format. The levels of 5 vitamins, 6 minerals, calories, proteins, carbohydrates, and fats have been carefully balanced in every menu to supply the Recommended Dietary Allowances (RDAs). A computer was used to balance and proportion all meals in this cookbook. To use the book, the reader calculates the number of calories needed daily based on individual height, body frame, and activity level. If the reader eats the number of calories needed (based on the menus presented) his nutritional requirements should be met. A daily food guide and information on nutrient functions, food consumption, nutrient losses, the 4 food groups, cooking and storage of foods, and food substitutions are included. (kbc).

french dip sandwich nutrition: Nutrition for Foodservice and Culinary Professionals Karen E. Drummond, Lisa M. Brefere, 2021-12-21 Combine the insights of an experienced dietitian and a renowned chef in this practical guide to nutrition and food In the newly revised 10th Edition of *Nutrition for Foodservice and Culinary Professionals*, registered nutritionist Karen E. Drummond and executive chef Lisa M. Brefere deliver an insightful guide to incorporating healthy, balanced dietary techniques into everyday practice. From national nutrition guidelines to food preparation and labeling standards, the authors cover every relevant aspect of planning, preparing, and serving healthy meals. They include updated 2020-2025 Dietary Guidelines for Americans from the USDA, the latest nutrition research, culinary trends, ingredients, and planning menus to meet the diverse nutritional needs of today's customers. This book also includes: A thorough introduction to the fundamentals of nutrition and foods, including why nutrition is important, what constitutes a healthy diet, and discussions of calories and nutrients A comprehensive exploration of balanced cooking and menus, including how to build flavor, balanced baking, modifying recipes, and gluten-free baking Practical discussions of applied nutrition, including how to handle customers' special nutrition requests, weight management, and nutrition for people of all ages Several appendices including serving sizes for MyPlate food groups and dietary reference intakes An enhanced e-book with links to technique videos, interactive games, quizzes, and glossary entries Perfect for students completing a culinary arts or foodservice management curriculum, *Nutrition for Foodservice and Culinary Professionals*, Tenth Edition is also an indispensable resource for chefs, cooks, and anyone else who professionally prepares food.

french dip sandwich nutrition: *The Fast-food Guide* Michael F. Jacobson, Sarah Fritschner, 1986 Analyzes the menus of 17 major fast-food chain restaurants, compiles charts of nutrition information, and recommends the most healthful choices.

french dip sandwich nutrition: The Complete Nutrition Counter Lynn Sonberg, 1993 There's no need to buy a fat counter and a cholesterol counter and a sodium counter and a carbohydrate counter. This convenient volume has all that information and more. Contains listings for both

generic and brand-name foods, with information about fiber, calcium, iron, vitamins A and C, protein, and more.

french dip sandwich nutrition: The Best of Closet Cooking 2017 Kevin Lynch, 2017-01-01 25 of the tastiest and most popular recipes on Closet Cooking, the 2017 edition.

french dip sandwich nutrition: Taste of Home Comfort Food Diet Cookbook Taste Of Home, 2009-12-31 Taste of Home Comfort Food Diet Cookbook presents a common-sense approach to healthy living and dieting by focusing on what people can eat, not what they have to give up. With the help of provided calorie counts, readers can plan their day and feel confident knowing they're within the desired calorie range for weight loss. All recipes come from real home cooks and combine realistic portions with exceptional taste-and all have been approved by the nutritionist on the Taste of Home staff. In addition to hundreds of satisfying recipes, this book contains: -A four-week meal plan that covers breakfast, lunch, dinner, desserts, snacks, and beverages -Nutrition facts and calories, including diabetic exchanges -Notes on exercise and portion control -A code to access a special gated website, which contains additional meal plans, healthy tips, and online community support -Testimonials and photos from actual dieters -A free year subscription to Taste of Home Healthy Cooking magazine -Tips on dining out Readers will also find a number of free foods with low calories for guilt-free snacking and a clip-and-keep calorie guide they can remove from the book to carry on the go for use in restaurants. Put the Taste of Home Comfort Food Diet Cookbook's meals on your menu, and you'll be putting the pleasure back in healthy eating.

Related to french dip sandwich nutrition

Calories in French Dip Sandwich - Nutritionix Calories, fat, protein, and carbohydrate values for for French Dip Sandwich and other related foods

How Many Calories Does A French Dip Sandwich Have? A 6-inch French dip sandwich from Blimpie contains 410 calories, with a macronutrient breakdown of 46 grams of carbohydrates, 25 grams of fat, and 30 grams of

Sizzler French Dip Sandwich Nutrition Facts - Eat This Much 1 sandwich of Sizzler french dip sandwich contains 551 Calories. The macronutrient breakdown is 29% carbs, 43% fat, and 28% protein. This is a good source of protein (68% of your Daily

Nutrition Facts for French dip sandwich - myfooddata Nutrition Facts for French dip sandwich - View calories, protein, carbs, fats, vitamins, minerals, and more

French dip sandwich - Nutrition Facts and Calories | NutritionAnt How Many Calories and Carbs Are in French dip sandwich? French dip sandwich contains 184 calories per 100 g serving. This serving contains 3.47g of fat, 24.47g of carbohydrate and

French dip sandwich nutrition facts and analysis. French dip sandwich contains 1.9 g of saturated fat and 43 mg of cholesterol per serving. 185 g of French dip sandwich contains 1.85 mcg vitamin A, 0.0 mg vitamin C, 0.00 mcg vitamin D as

Nutrition Facts for Arby's French Dip Sandwich • MyFoodDiary® View calories, net carbs, sugars, sodium, protein, total carbohydrates, fats, vitamins, minerals, and more!

French Dip Sandwich Calories, Nutrients, Macros Breakdown Get the full nutritional breakdown of French Dip Sandwich, including calories, proteins, fats, carbs, vitamins & minerals with Health benefits. Perfect for meal planning and healthy living

FRENCH DIP Nutritional Information - Togo's INGREDIENTS: Dutch Crunch Sandwich Bread (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid],

French dip Nutrition - While it delivers a satisfying protein punch, the sandwich can be high in sodium and calories, especially when paired with cheese or extra sauces. For a healthier twist, you can opt for

Calories in French Dip Sandwich - Nutritionix Calories, fat, protein, and carbohydrate values for for French Dip Sandwich and other related foods

How Many Calories Does A French Dip Sandwich Have? A 6-inch French dip sandwich from

Blimpie contains 410 calories, with a macronutrient breakdown of 46 grams of carbohydrates, 25 grams of fat, and 30 grams of

Sizzler French Dip Sandwich Nutrition Facts - Eat This Much 1 sandwich of Sizzler french dip sandwich contains 551 Calories. The macronutrient breakdown is 29% carbs, 43% fat, and 28% protein. This is a good source of protein (68% of your Daily

Nutrition Facts for French dip sandwich - myfooddata Nutrition Facts for French dip sandwich - View calories, protein, carbs, fats, vitamins, minerals, and more

French dip sandwich - Nutrition Facts and Calories | NutritionAnt How Many Calories and Carbs Are in French dip sandwich? French dip sandwich contains 184 calories per 100 g serving. This serving contains 3.47g of fat, 24.47g of carbohydrate and

French dip sandwich nutrition facts and analysis. French dip sandwich contains 1.9 g of saturated fat and 43 mg of cholesterol per serving. 185 g of French dip sandwich contains 1.85 mcg vitamin A, 0.0 mg vitamin C, 0.00 mcg vitamin D as

Nutrition Facts for Arby's French Dip Sandwich • MyFoodDiary® View calories, net carbs, sugars, sodium, protein, total carbohydrates, fats, vitamins, minerals, and more!

French Dip Sandwich Calories, Nutrients, Macros Breakdown Get the full nutritional breakdown of French Dip Sandwich, including calories, proteins, fats, carbs, vitamins & minerals with Health benefits. Perfect for meal planning and healthy living

FRENCH DIP Nutritional Information - Togo's INGREDIENTS: Dutch Crunch Sandwich Bread (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid],

French dip Nutrition - While it delivers a satisfying protein punch, the sandwich can be high in sodium and calories, especially when paired with cheese or extra sauces. For a healthier twist, you can opt for

Calories in French Dip Sandwich - Nutritionix Calories, fat, protein, and carbohydrate values for for French Dip Sandwich and other related foods

How Many Calories Does A French Dip Sandwich Have? A 6-inch French dip sandwich from Blimpie contains 410 calories, with a macronutrient breakdown of 46 grams of carbohydrates, 25 grams of fat, and 30 grams of

Sizzler French Dip Sandwich Nutrition Facts - Eat This Much 1 sandwich of Sizzler french dip sandwich contains 551 Calories. The macronutrient breakdown is 29% carbs, 43% fat, and 28% protein. This is a good source of protein (68% of your Daily

Nutrition Facts for French dip sandwich - myfooddata Nutrition Facts for French dip sandwich - View calories, protein, carbs, fats, vitamins, minerals, and more

French dip sandwich - Nutrition Facts and Calories | NutritionAnt How Many Calories and Carbs Are in French dip sandwich? French dip sandwich contains 184 calories per 100 g serving. This serving contains 3.47g of fat, 24.47g of carbohydrate and

French dip sandwich nutrition facts and analysis. French dip sandwich contains 1.9 g of saturated fat and 43 mg of cholesterol per serving. 185 g of French dip sandwich contains 1.85 mcg vitamin A, 0.0 mg vitamin C, 0.00 mcg vitamin D as

Nutrition Facts for Arby's French Dip Sandwich • MyFoodDiary® View calories, net carbs, sugars, sodium, protein, total carbohydrates, fats, vitamins, minerals, and more!

French Dip Sandwich Calories, Nutrients, Macros Breakdown Get the full nutritional breakdown of French Dip Sandwich, including calories, proteins, fats, carbs, vitamins & minerals with Health benefits. Perfect for meal planning and healthy living

FRENCH DIP Nutritional Information - Togo's INGREDIENTS: Dutch Crunch Sandwich Bread (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid],

French dip Nutrition - While it delivers a satisfying protein punch, the sandwich can be high in sodium and calories, especially when paired with cheese or extra sauces. For a healthier twist, you can opt for

Calories in French Dip Sandwich - Nutritionix Calories, fat, protein, and carbohydrate values for for French Dip Sandwich and other related foods

How Many Calories Does A French Dip Sandwich Have? A 6-inch French dip sandwich from Blimpie contains 410 calories, with a macronutrient breakdown of 46 grams of carbohydrates, 25 grams of fat, and 30 grams of

Sizzler French Dip Sandwich Nutrition Facts - Eat This Much 1 sandwich of Sizzler french dip sandwich contains 551 Calories. The macronutrient breakdown is 29% carbs, 43% fat, and 28% protein. This is a good source of protein (68% of your Daily

Nutrition Facts for French dip sandwich - myfooddata Nutrition Facts for French dip sandwich - View calories, protein, carbs, fats, vitamins, minerals, and more

French dip sandwich - Nutrition Facts and Calories | NutritionAnt How Many Calories and Carbs Are in French dip sandwich? French dip sandwich contains 184 calories per 100 g serving. This serving contains 3.47g of fat, 24.47g of carbohydrate and

French dip sandwich nutrition facts and analysis. French dip sandwich contains 1.9 g of saturated fat and 43 mg of cholesterol per serving. 185 g of French dip sandwich contains 1.85 mcg vitamin A, 0.0 mg vitamin C, 0.00 mcg vitamin D as

Nutrition Facts for Arby's French Dip Sandwich • MyFoodDiary® View calories, net carbs, sugars, sodium, protein, total carbohydrates, fats, vitamins, minerals, and more!

French Dip Sandwich Calories, Nutrients, Macros Breakdown Get the full nutritional breakdown of French Dip Sandwich, including calories, proteins, fats, carbs, vitamins & minerals with Health benefits. Perfect for meal planning and healthy living

FRENCH DIP Nutritional Information - Togo's INGREDIENTS: Dutch Crunch Sandwich Bread (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid],

French dip Nutrition - While it delivers a satisfying protein punch, the sandwich can be high in sodium and calories, especially when paired with cheese or extra sauces. For a healthier twist, you can opt for

Calories in French Dip Sandwich - Nutritionix Calories, fat, protein, and carbohydrate values for for French Dip Sandwich and other related foods

How Many Calories Does A French Dip Sandwich Have? A 6-inch French dip sandwich from Blimpie contains 410 calories, with a macronutrient breakdown of 46 grams of carbohydrates, 25 grams of fat, and 30 grams of

Sizzler French Dip Sandwich Nutrition Facts - Eat This Much 1 sandwich of Sizzler french dip sandwich contains 551 Calories. The macronutrient breakdown is 29% carbs, 43% fat, and 28% protein. This is a good source of protein (68% of your Daily

Nutrition Facts for French dip sandwich - myfooddata Nutrition Facts for French dip sandwich - View calories, protein, carbs, fats, vitamins, minerals, and more

French dip sandwich - Nutrition Facts and Calories | NutritionAnt How Many Calories and Carbs Are in French dip sandwich? French dip sandwich contains 184 calories per 100 g serving. This serving contains 3.47g of fat, 24.47g of carbohydrate and

French dip sandwich nutrition facts and analysis. French dip sandwich contains 1.9 g of saturated fat and 43 mg of cholesterol per serving. 185 g of French dip sandwich contains 1.85 mcg vitamin A, 0.0 mg vitamin C, 0.00 mcg vitamin D as

Nutrition Facts for Arby's French Dip Sandwich • MyFoodDiary® View calories, net carbs, sugars, sodium, protein, total carbohydrates, fats, vitamins, minerals, and more!

French Dip Sandwich Calories, Nutrients, Macros Breakdown Get the full nutritional breakdown of French Dip Sandwich, including calories, proteins, fats, carbs, vitamins & minerals with Health benefits. Perfect for meal planning and healthy living

FRENCH DIP Nutritional Information - Togo's INGREDIENTS: Dutch Crunch Sandwich Bread (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid],

French dip Nutrition - While it delivers a satisfying protein punch, the sandwich can be high in sodium and calories, especially when paired with cheese or extra sauces. For a healthier twist, you can opt for

Back to Home: <https://www-01.massdevelopment.com>