***Roast Beef Sandwich Recipe:***

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| **Item Name** | **Quantity** | **Calorie** |
| Roast Beef cleaned from all fat | 1.8 kg | **2700 Cal** |
|  | 1800 g after cooking 1100 g | **2700 cal = 2.45 cal/g** |

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| **Item Name** | **1P** | **2P** | **3P** |
| Baguette Bread | 50 g / 135 Cal. | 60 g / 160 Cal. | 80 g / 214 Cal |
| Roast Beef slices | 40 g / 98 Cal. | 60 g / 147 Cal. | 70 g / 171 Cal |
| Light Mayo Dijon sauce | 20 g / 43 Cal. | 30 g / 65 Cal. | 40 g / 86 Cal |
| Pickles | 15 g / 3 Cal. | 15 g / 3 Cal. | 15 g / 3 Cal. |
| Tomatoes | 15 g / 3 Cal. | 15 g / 3 Cal. | 15 g / 3 Cal. |
| Lettuce | 15 g / 3 Cal. | 15 g / 3 Cal. | 15 g / 3 Cal. |
| ***Total*** | ***285 Cal*** | ***381 Cal*** | ***480 Cal*** |

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| **Light Mayo Dijon Sauce** | | | |
| **Item Name** | **Quantity in grams** | **Calories** |
| Light Mayo | 200g | 466 Cal |
| Dijon Mustard | 20g | 15 cal |
| Tabasco | 2g | 6 cal |
| Salt | 2g | 0 Cal |
| Black pepper | 2g | 0 Cal |
|  | 226 g | 487 Cal = 2.15 Cal/g |