



A Better Bologna Sandwich

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices oscar mayer bologna light
- 0.5 bell pepper green chopped
- 2 tsp heinz mustard yellow
- 1 small onion sliced
- 0.3 tsp pepper sauce hot
- 2 kaiser rolls split
- 2 Tbsp heinz red wine vinegar

Equipment

frying pan

Directions

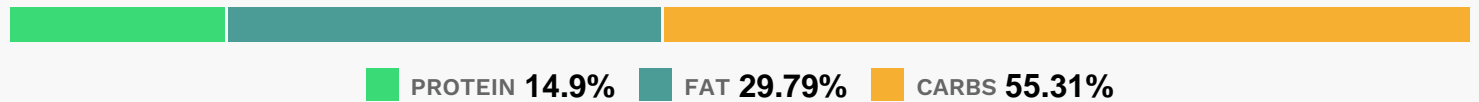
Cook and stir first 4 ingredients in large skillet on medium heat 4 min. or until vegetables are tender, stirring frequently.

Remove from skillet; cover to keep warm.

Cook bologna in same skillet on medium-high heat 1-1/2 min. on each side or until lightly browned on both sides.

Spread cut sides of rolls with mustard; fill with bologna and vegetable mixture to make 2 sandwiches.

Nutrition Facts



Properties

Glycemic Index:9.47, Glycemic Load:3.17, Inflammation Score:-1, Nutrition Score:1.1530434712768%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 38.05kcal (1.9%), Fat: 1.25g (1.92%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 4.89g (1.78%), Sugar: 1.05g (1.16%), Cholesterol: 2.24mg (0.75%), Sodium: 84.75mg (3.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Iron: 1.51mg (8.38%), Vitamin C: 3.64mg (4.41%), Selenium: 1.17µg (1.67%), Vitamin B6: 0.03mg (1.31%), Fiber: 0.32g (1.27%), Vitamin B12: 0.07µg (1.13%)