

Awesome Asparagus Sandwich

 Vegetarian

READY IN



30 min.

SERVINGS



3

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch asparagus fresh trimmed
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons juice of lemon
- ☐ 3 tablespoons mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 1 bell pepper red seeded quartered
- ☐ 3 hoagie rolls
- ☐ 6 ounces swiss cheese shredded

☐ 1 tomatoes ripe sliced

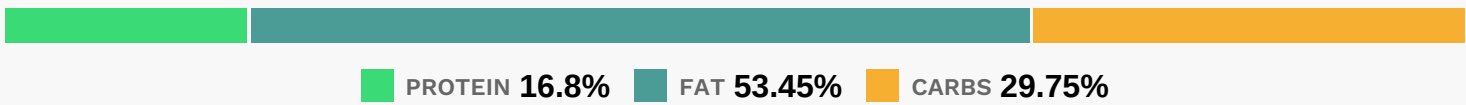
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Toss asparagus and red pepper with olive oil.
- ☐ Place on a lined baking sheet and bake until tender, about 10 minutes. Once cool enough to handle, remove skin from the pepper and slice into strips.
- ☐ Cut hoagie rolls in half, place on a baking sheet, and toast lightly in the oven.
- ☐ Remove rolls from the oven and sprinkle each half with cheese.
- ☐ Place 4 to 5 asparagus spears and a few strips of pepper on one side.
- ☐ Place slices of tomato on the other side of the roll.
- ☐ Place the hoagies back in the oven until the cheese is melted, about 5 minutes.
- ☐ Meanwhile, in a separate bowl, mix the mayonnaise, lemon juice, and garlic together.
- ☐ Spread the dressing on one side of the roll and close sandwich.

Nutrition Facts



Properties

Glycemic Index:94, Glycemic Load:25.09, Inflammation Score:-10, Nutrition Score:31.151739138624%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg, Isorhamnetin: 8.55mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg

Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 21.35mg, Quercetin: 21.35mg, Quercetin: 21.35mg, Quercetin: 21.35mg

Nutrients (% of daily need)

Calories: 583.9kcal (29.2%), Fat: 35.33g (54.35%), Saturated Fat: 12.7g (79.38%), Carbohydrates: 44.24g (14.75%), Net Carbohydrates: 38.65g (14.05%), Sugar: 10.24g (11.37%), Cholesterol: 58.61mg (19.54%), Sodium: 493.31mg (21.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.99g (49.98%), Vitamin K: 94.02µg (89.55%), Vitamin C: 68.97mg (83.6%), Iron: 14.3mg (79.42%), Vitamin A: 3197.89IU (63.96%), Calcium: 557.46mg (55.75%), Phosphorus: 428.88mg (42.89%), Selenium: 21.03µg (30.04%), Vitamin B12: 1.73µg (28.82%), Folate: 110.23µg (27.56%), Vitamin E: 4.03mg (26.87%), Vitamin B2: 0.43mg (25.3%), Zinc: 3.49mg (23.29%), Fiber: 5.59g (22.36%), Vitamin B1: 0.26mg (17.54%), Manganese: 0.35mg (17.5%), Copper: 0.35mg (17.42%), Vitamin B6: 0.34mg (17.13%), Potassium: 541.28mg (15.47%), Magnesium: 49.97mg (12.49%), Vitamin B3: 2.15mg (10.74%), Vitamin B5: 0.86mg (8.6%)