



## Baked Turkey Hoagie

READY IN



40 min.

SERVINGS



6

CALORIES



354 kcal

### Ingredients

- 1 pound un bread french cut in half horizontally
- 1 medium bell pepper green cut into rings
- 1 medium bell pepper red cut into rings
- 4 teaspoons spicy brown mustard
- 6 slices swiss cheese
- 3 cups turkey shredded cooked

### Equipment

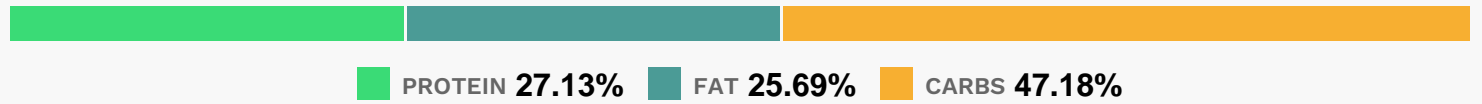
- bowl
- baking sheet

- oven
- whisk
- aluminum foil

## Directions

- Heat oven to 375 degrees F.
- Place bread on piece of heavy-duty aluminum foil (28 to 30 inches long) on large ungreased cookie sheet.
- In medium bowl, beat 1 cup of the cooking sauce and the mustard with whisk until smooth. (Reserve remaining cooking sauce.) Stir in turkey until well mixed. Top bottom half of bread evenly with turkey mixture. Alternate red and green bell pepper rings over turkey mixture; top evenly with cheese.
- Place top of bread on top. Wrap loaf loosely in foil.
- Bake 25 to 30 minutes or until cheese is melted and sandwich is thoroughly heated.
- Heat remaining cooking sauce until hot; serve as dipping sauce as desired.

## Nutrition Facts



## Properties

Glycemic Index:30.25, Glycemic Load:30.63, Inflammation Score:-8, Nutrition Score:20.217391231786%

## Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 353.67kcal (17.68%), Fat: 10.11g (15.55%), Saturated Fat: 4.25g (26.57%), Carbohydrates: 41.77g (13.92%), Net Carbohydrates: 39.21g (14.26%), Sugar: 4.88g (5.42%), Cholesterol: 51.59mg (17.2%), Sodium: 580.27mg (25.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.02g (48.04%), Selenium: 38.48µg (54.97%), Vitamin C: 41.35mg (50.12%), Vitamin B1: 0.59mg (39.39%), Vitamin B3: 7.75mg (38.77%), Vitamin B2: 0.49mg (28.87%), Phosphorus: 280.63mg (28.06%), Folate: 109.34µg (27.33%), Vitamin B6: 0.49mg (24.75%), Manganese: 0.46mg (23.16%), Calcium: 201.55mg (20.15%), Iron: 3.61mg (20.06%), Vitamin B12: 1.12µg (18.66%), Vitamin A:

865.66IU (17.31%), Zinc: 2.51mg (16.74%), Magnesium: 48.19mg (12.05%), Fiber: 2.56g (10.24%), Copper: 0.18mg (9%), Potassium: 293.41mg (8.38%), Vitamin B5: 0.82mg (8.21%), Vitamin E: 0.7mg (4.69%), Vitamin K: 3.26µg (3.1%)