



## Classic Italian Sub

READY IN



15 min.

SERVINGS



15

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tsp olives black chopped
- 4 slices oscar mayer deli turkey breast smoked fresh
- 2 slices bread italian
- 1 Tbsp lite house dressing italian kraft
- 2 tsp mayo with olive oil reduced fat mayonnaise kraft
- 1 slim cut mozzarella cheese kraft
- 3 roasted pepper strips red thin
- 2 slices oscar mayer cracked pepper salami black hard

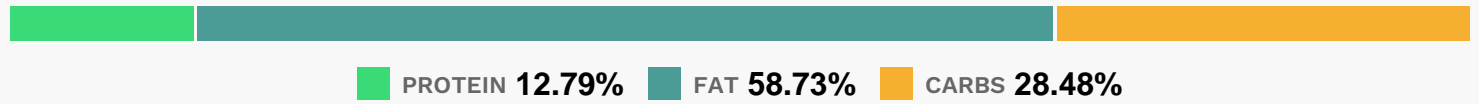
# Equipment

frying pan

# Directions

- Spread 1 bread slice with mayo. Fill bread slices with all remaining ingredients except dressing.
- Brush outside of sandwich with dressing.
- Cook in skillet on medium heat 3 min. on each side or until cheese is melted and sandwich is golden brown on both sides.

# Nutrition Facts



# Properties

Glycemic Index:3.67, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.81652172622473%

# Nutrients (% of daily need)

Calories: 27.66kcal (1.38%), Fat: 1.82g (2.81%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.99g (1.1%), Cholesterol: 1.77mg (0.59%), Sodium: 188.56mg (8.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.79%), Vitamin C: 3.44mg (4.18%), Vitamin B3: 0.23mg (1.15%), Vitamin B1: 0.02mg (1.14%), Phosphorus: 10.65mg (1.07%), Vitamin B6: 0.02mg (1.03%)