



## Colossal Hero Sandwich

READY IN



45 min.

SERVINGS



6

CALORIES



816 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2.3 oz olives black drained sliced canned
- 0.5 pound deli ham sliced
- 1 loaf bread italian
- 2 tablespoons salad dressing italian
- 0.3 teaspoon oregano dried
- 6 pepperoncini sliced
- 6 oz provolone cheese sliced
- 1 onion red thinly sliced
- 7 oz roasted peppers red dry drained

- 2 cups romaine lettuce shredded
- 0.5 pound deli salami sliced
- 1 to 2 tomatoes thinly sliced

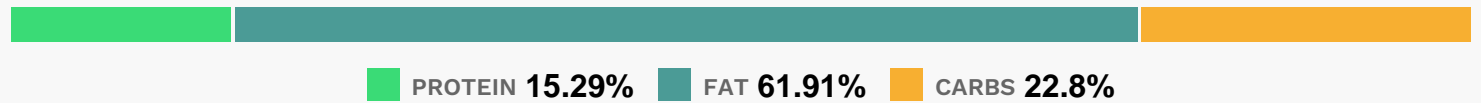
## Equipment

- bowl

## Directions

- Slice loaf in half lengthwise. With a fork, carefully hollow out the center of bottom loaf half and reserve for another use. Fill hollow with lettuce.
- Combine dressing and oregano in a small bowl; mix well and drizzle over lettuce.
- Layer remaining ingredients over lettuce. Cover with top of loaf and slice into individual portions.

## Nutrition Facts



## Properties

Glycemic Index:20.83, Glycemic Load:0.92, Inflammation Score:-9, Nutrition Score:22.060434776804%

## Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

## Nutrients (% of daily need)

Calories: 815.67kcal (40.78%), Fat: 56.14g (86.37%), Saturated Fat: 26.49g (165.58%), Carbohydrates: 46.5g (15.5%), Net Carbohydrates: 41.85g (15.22%), Sugar: 25.75g (28.61%), Cholesterol: 72.86mg (24.29%), Sodium: 2458.46mg (106.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.2g (62.41%), Vitamin B1: 0.74mg (49.12%), Vitamin A: 2036.04IU (40.72%), Vitamin B3: 7.78mg (38.89%), Phosphorus: 362mg (36.2%), Vitamin C: 28.46mg (34.5%), Selenium: 22.77µg (32.53%), Vitamin B12: 1.71µg (28.57%), Vitamin B6: 0.52mg (26.2%), Calcium: 255.75mg (25.57%), Zinc: 3.73mg (24.85%), Vitamin B2: 0.4mg (23.71%), Folate: 88.86µg (22.22%), Vitamin K: 22.61µg (21.53%), Potassium: 651.32mg (18.61%), Fiber: 4.65g (18.61%), Iron: 3.2mg (17.8%), Magnesium: 49.52mg

(12.38%), Copper: 0.19mg (9.63%), Manganese: 0.17mg (8.72%), Vitamin B5: 0.81mg (8.14%), Vitamin E: 0.93mg (6.18%), Vitamin D: 0.41µg (2.71%)