



## Cottage Cheese Sub Sandwich

 Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

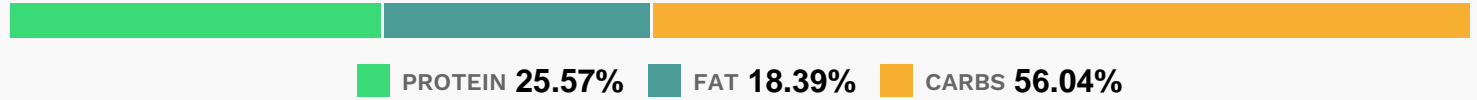
- 0.5 cup knudsen milkfat cottage cheese 2% low fat
- 4 slices cucumber
- 1 Tbsp dressing italian kraft
- 0.3 cup lettuce shredded
- 4 pepper rings green
- 1 submarine roll split (6 inch)
- 2 tomato strips

### Equipment

## Directions

- Mix cottage cheese and dressing.
- Fill roll with vegetables, tomatoes, lettuce and cottage cheese mixture.

## Nutrition Facts



## Properties

Glycemic Index:158, Glycemic Load:25.64, Inflammation Score:-9, Nutrition Score:17.583477911742%

## Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

## Nutrients (% of daily need)

Calories: 340.04kcal (17%), Fat: 7.02g (10.8%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 48.1g (16.03%), Net Carbohydrates: 43.67g (15.88%), Sugar: 16.2g (18%), Cholesterol: 4.52mg (1.51%), Sodium: 914.41mg (39.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.95g (43.9%), Iron: 11.65mg (64.7%), Vitamin A: 2211.32IU (44.23%), Vitamin C: 35.16mg (42.62%), Vitamin K: 34.13µg (32.51%), Phosphorus: 222.15mg (22.21%), Potassium: 756.01mg (21.6%), Fiber: 4.43g (17.72%), Manganese: 0.33mg (16.57%), Vitamin B6: 0.3mg (15.24%), Selenium: 10.51µg (15.01%), Folate: 59.6µg (14.9%), Vitamin B2: 0.24mg (14.39%), Vitamin B12: 0.71µg (11.87%), Vitamin E: 1.7mg (11.35%), Calcium: 108.99mg (10.9%), Copper: 0.2mg (10.2%), Magnesium: 38.06mg (9.52%), Vitamin B1: 0.13mg (8.92%), Vitamin B3: 1.66mg (8.29%), Zinc: 0.93mg (6.22%), Vitamin B5: 0.55mg (5.45%)