



Country Sandwich

READY IN



15 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

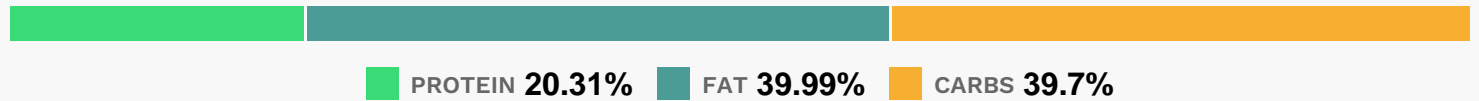
- 1 lb bread baguette french
- 2 stalks celery chopped
- 10 slices oscar mayer deli bold brown sugar ham fresh
- 10 slices oscar mayer deli turkey breast smoked fresh
- 1 onion chopped
- 2 provolone cheese cut in half kraft
- 1 bell pepper red chopped
- 6 Tbsp sun tomato vinaigrette dressing dried divided kraft

Equipment

Directions

- Cut off top of baguette; set aside. Hollow out inside of baguette bottom, leaving 1/2-inch-thick shell.
- Brush inside of shell with 2 Tbsp. dressing.
- Combine vegetables and remaining dressing. Spoon into bread shell; top with layers of meat and cheese.
- Cover with top of baguette.

Nutrition Facts



Properties

Glycemic Index:33.08, Glycemic Load:30.97, Inflammation Score:-7, Nutrition Score:19.001304284386%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 438.66kcal (21.93%), Fat: 19.55g (30.08%), Saturated Fat: 5.78g (36.14%), Carbohydrates: 43.68g (14.56%), Net Carbohydrates: 41.07g (14.93%), Sugar: 5.94g (6.6%), Cholesterol: 37.57mg (12.52%), Sodium: 1226.37mg (53.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.34g (44.68%), Vitamin B1: 0.84mg (56.02%), Selenium: 33.55µg (47.93%), Vitamin C: 27.16mg (32.92%), Vitamin B3: 5.99mg (29.97%), Folate: 112.43µg (28.11%), Vitamin B2: 0.48mg (27.98%), Phosphorus: 255.27mg (25.53%), Manganese: 0.46mg (23.15%), Iron: 3.69mg (20.52%), Vitamin K: 21.43µg (20.41%), Vitamin B6: 0.35mg (17.62%), Zinc: 2.29mg (15.24%), Vitamin A: 736.95IU (14.74%), Magnesium: 44.11mg (11.03%), Fiber: 2.6g (10.42%), Potassium: 362.55mg (10.36%), Calcium: 102.86mg (10.29%), Copper: 0.2mg (10.19%), Vitamin E: 1.43mg (9.55%), Vitamin B12: 0.39µg (6.52%), Vitamin B5: 0.61mg (6.14%), Vitamin D: 0.36µg (2.39%)