



Creamy Italian Sub Sandwich

READY IN



10 min.

SERVINGS



4

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

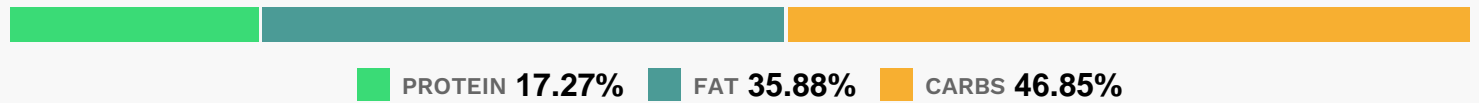
- 4 bread rolls split french (6 inch)
- 1 bell pepper green cut into 6 thin slices
- 4 singles kraft
- 3 cups lettuce shredded
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 1 small onion red cut into 12 thin slices
- 0.3 cup tuscan house dressing italian kraft
- 1 tomatoes cut into 4 slices
- 8 slices oscar mayer oven roasted turkey breast

Equipment

Directions

- Mix mayo and dressing. Toss lettuce with half the mayo mixture.
- Spread rolls with remaining mayo mixture.
- Fill with turkey, Singles, lettuce mixture, onions, peppers and tomatoes.

Nutrition Facts



Properties

Glycemic Index:41.42, Glycemic Load:8.42, Inflammation Score:-7, Nutrition Score:12.365217445985%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg

Nutrients (% of daily need)

Calories: 200.34kcal (10.02%), Fat: 8.15g (12.53%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 23.94g (7.98%), Net Carbohydrates: 20.82g (7.57%), Sugar: 7.69g (8.54%), Cholesterol: 14.64mg (4.88%), Sodium: 663.18mg (28.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.83g (17.65%), Vitamin C: 31.8mg (38.54%), Vitamin K: 34.87µg (33.21%), Manganese: 0.52mg (25.94%), Vitamin B3: 4.18mg (20.92%), Selenium: 12.08µg (17.26%), Vitamin B6: 0.29mg (14.72%), Phosphorus: 143.44mg (14.34%), Folate: 54.51µg (13.63%), Vitamin A: 677.32IU (13.55%), Vitamin B1: 0.19mg (12.92%), Fiber: 3.11g (12.45%), Potassium: 386.15mg (11.03%), Iron: 1.62mg (9.02%), Magnesium: 31.62mg (7.91%), Vitamin E: 1.14mg (7.58%), Vitamin B2: 0.13mg (7.38%), Calcium: 69.6mg (6.96%), Vitamin B5: 0.61mg (6.12%), Copper: 0.11mg (5.68%), Zinc: 0.68mg (4.52%)