



DELI DELUXEÂ® Sub Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

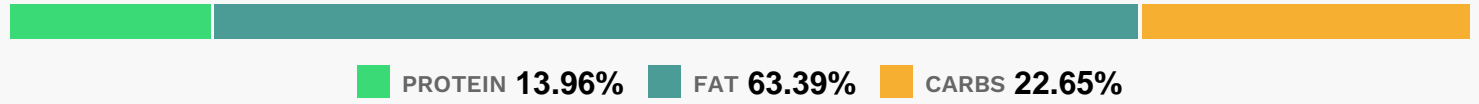
- 2 slices oscar mayer bologna
- 4 lettuce leaves
- 2 Tbsp real mayo mayonnaise kraft
- 2 deli deluxe process american cheese kraft
- 2 slices oscar mayer cotto salami
- 1 submarine roll split
- 1 tomatoes cut into 4 slices

Equipment

Directions

- Spread mayo onto cut sides of roll.
- Fill with remaining ingredients.
- Cut in half.

Nutrition Facts



Properties

Glycemic Index:108, Glycemic Load:12.4, Inflammation Score:-10, Nutrition Score:16.48043487383%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 399.51kcal (19.98%), Fat: 28.14g (43.3%), Saturated Fat: 9.1g (56.86%), Carbohydrates: 22.63g (7.54%), Net Carbohydrates: 20.88g (7.59%), Sugar: 6.05g (6.73%), Cholesterol: 50.71mg (16.9%), Sodium: 1073.52mg (46.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.89%), Vitamin A: 4297.15IU (85.94%), Iron: 6.54mg (36.33%), Calcium: 272.15mg (27.21%), Vitamin K: 27.98µg (26.65%), Phosphorus: 232.44mg (23.24%), Vitamin C: 17.29mg (20.96%), Selenium: 14.02µg (20.03%), Vitamin B12: 1.09µg (18.22%), Vitamin B1: 0.22mg (14.65%), Vitamin B6: 0.24mg (12.12%), Zinc: 1.77mg (11.77%), Manganese: 0.23mg (11.75%), Vitamin B2: 0.19mg (11.35%), Potassium: 391.58mg (11.19%), Vitamin B3: 1.78mg (8.92%), Folate: 31.69µg (7.92%), Vitamin E: 1.1mg (7.31%), Fiber: 1.75g (7%), Magnesium: 25.34mg (6.34%), Copper: 0.08mg (3.88%), Vitamin B5: 0.37mg (3.75%), Vitamin D: 0.38µg (2.52%)