



Deli Salami Sub

READY IN



10 min.

SERVINGS



10

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

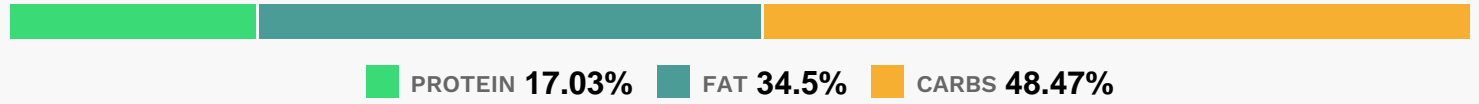
- 1 tsp grey poupon dijon mustard
- 4 pepper rings red yellow
- 2 Tbsp claussen pickle relish sweet
- 2 slices provolone cheese cut in half kraft
- 6 slices oscar mayer salami hard
- 2 submarine rolls split

Equipment

Directions

- Mix relish and mustard until well blended.
- Spread onto cut sides of rolls.
- Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:4.64, Inflammation Score:-4, Nutrition Score:7.5334782574488%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 87.02kcal (4.35%), Fat: 3.4g (5.24%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 10.06g (3.66%), Sugar: 1.77g (1.96%), Cholesterol: 6.89mg (2.3%), Sodium: 238.95mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Vitamin C: 87.38mg (105.91%), Iron: 2.47mg (13.74%), Vitamin B6: 0.11mg (5.66%), Phosphorus: 43.6mg (4.36%), Vitamin B1: 0.07mg (4.35%), Vitamin B3: 0.74mg (3.71%), Potassium: 128.07mg (3.66%), Calcium: 36.35mg (3.63%), Vitamin B12: 0.21µg (3.44%), Vitamin A: 165.54IU (3.31%), Folate: 12.93µg (3.23%), Selenium: 2.24µg (3.19%), Copper: 0.06mg (3.17%), Manganese: 0.06mg (3.12%), Zinc: 0.44mg (2.92%), Fiber: 0.7g (2.78%), Vitamin B2: 0.04mg (2.54%), Vitamin K: 2.61µg (2.48%), Magnesium: 8.35mg (2.09%), Vitamin B5: 0.16mg (1.57%)