



## Double-Stacked Oven Grinder

READY IN



10 min.

SERVINGS



10

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 slices oscar mayer deli oven roasted turkey breast fresh
- 0.3 cup lettuce shredded
- 1 Tbsp real mayo mayonnaise kraft
- 2 tsp parmesan cheese grated kraft
- 1 big pepper jack cheese kraft
- 2 slices oscar mayer deli slow roasted roast beef fresh
- 1 submarine roll split
- 2 slices tomatoes

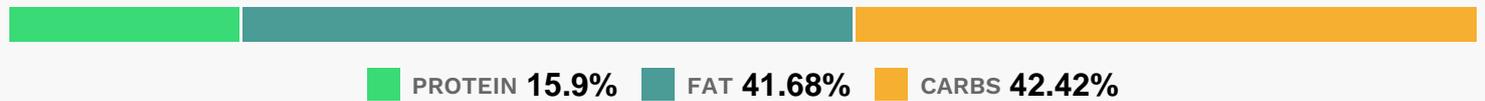
## Equipment

- frying pan
- broiler
- microwave

## Directions

- Heat broiler.
- Mix mayo and Parmesan; spread onto cut sides of roll.
- Place, cut-sides up, in shallow pan. Broil 2 min. or until golden brown.
- Stack meats on microwaveable plate; top with cheese. Microwave on HIGH 30 sec. or until cheese is melted.
- Place on bottom half of roll.
- Cover with tomatoes, lettuce and top of roll.

## Nutrition Facts



## Properties

Glycemic Index:22, Glycemic Load:2.37, Inflammation Score:-1, Nutrition Score:1.0117391247464%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 35.05kcal (1.75%), Fat: 1.62g (2.5%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.52g (1.28%), Sugar: 0.64g (0.71%), Cholesterol: 2.86mg (0.95%), Sodium: 84.05mg (3.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.79%), Iron: 1.11mg (6.16%), Vitamin K: 3.13µg (2.98%), Phosphorus: 15.19mg (1.52%), Vitamin B3: 0.27mg (1.34%), Vitamin A: 64.43IU (1.29%), Calcium: 11.9mg (1.19%), Vitamin C: 0.88mg (1.07%), Selenium: 0.72µg (1.03%)