



Famous Sub Shop Club

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

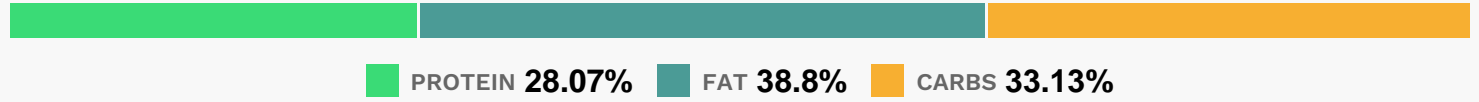
- 4 slices oscar mayer deli honey ham fresh
- 4 slices oscar mayer deli oven roasted turkey breast fresh
- 2 hot dog buns
- 1 cup lettuce shredded
- 1 Tbsp mayo reduced fat mayonnaise light kraft
- 4 slices oscar mayer deli slow roasted roast beef fresh
- 1 small tomatoes sliced

Equipment

Directions

- Spread mayo onto cut sides of buns.
- Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:26.4, Glycemic Load:5.36, Inflammation Score:-3, Nutrition Score:5.9421738904455%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 124.19kcal (6.21%), Fat: 5.31g (8.16%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 9.5g (3.45%), Sugar: 2.17g (2.41%), Cholesterol: 19.69mg (6.56%), Sodium: 486.29mg (21.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.64g (17.27%), Vitamin B1: 0.24mg (16.32%), Selenium: 11.12µg (15.88%), Vitamin B3: 2.77mg (13.83%), Phosphorus: 98.99mg (9.9%), Vitamin B6: 0.16mg (8.12%), Manganese: 0.14mg (6.92%), Vitamin K: 7.23µg (6.88%), Vitamin B2: 0.11mg (6.76%), Folate: 24.41µg (6.1%), Potassium: 185.91mg (5.31%), Iron: 0.94mg (5.25%), Zinc: 0.78mg (5.17%), Vitamin A: 226.89IU (4.54%), Vitamin C: 3.48mg (4.22%), Magnesium: 13.9mg (3.47%), Vitamin B12: 0.2µg (3.41%), Calcium: 33.92mg (3.39%), Fiber: 0.7g (2.79%), Copper: 0.05mg (2.72%), Vitamin E: 0.34mg (2.29%), Vitamin B5: 0.23mg (2.29%), Vitamin D: 0.17µg (1.11%)