



Garden Ham Hoagie

READY IN



10 min.

SERVINGS



10

CALORIES



146 kcal

Ingredients

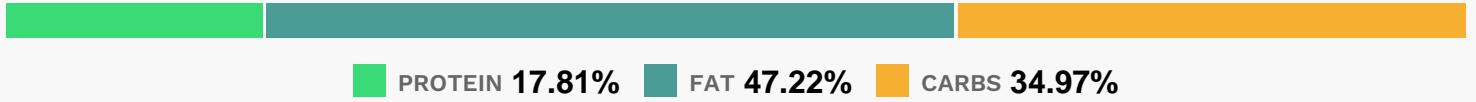
- 8 oz bread french
- 1 medium bell pepper green chopped
- 6 oz oscar mayer ham smoked
- 4 singles kraft
- 4 lettuce leaves
- 0.3 cup real mayo mayonnaise kraft

Equipment

Directions

- Cut bread loaf in half horizontally.
- Combine peppers and mayo; spread onto bottom half of bread loaf. Cover with lettuce, Singles, ham and top of bread loaf.
- Cut crosswise into 4 pieces to serve.

Nutrition Facts



Properties

Glycemic Index:14.05, Glycemic Load:9.12, Inflammation Score:-6, Nutrition Score:6.6834782932116%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 145.51kcal (7.28%), Fat: 7.61g (11.71%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 11.89g (4.32%), Sugar: 1.49g (1.65%), Cholesterol: 12.96mg (4.32%), Sodium: 382.23mg (16.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.92%), Vitamin B1: 0.28mg (18.68%), Vitamin A: 767.12IU (15.34%), Selenium: 10.53µg (15.05%), Vitamin C: 11.3mg (13.69%), Vitamin B3: 1.95mg (9.74%), Vitamin K: 10.17µg (9.68%), Vitamin B2: 0.15mg (8.8%), Folate: 33.52µg (8.38%), Manganese: 0.16mg (8.25%), Phosphorus: 70.25mg (7.02%), Iron: 1.17mg (6.52%), Vitamin B6: 0.13mg (6.28%), Zinc: 0.68mg (4.56%), Potassium: 116.7mg (3.33%), Magnesium: 12.98mg (3.25%), Fiber: 0.8g (3.19%), Copper: 0.06mg (2.88%), Vitamin E: 0.37mg (2.44%), Calcium: 20.93mg (2.09%), Vitamin B12: 0.12µg (1.93%), Vitamin B5: 0.17mg (1.75%)