



## Garden Salad Sub

READY IN



30 min.

SERVINGS



30

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 4 oz athenos feta cheese crumbled traditional
- 16 oz bread italian
- 0.3 cup dressing italian kraft
- 2 Tbsp dressing italian kraft
- 1 bell pepper red chopped
- 2 cups salad greens

## Equipment

baking sheet

oven

## Directions

Preheat oven to 350F.

Cut lengthwise slice from top one-third of bread loaf.

Remove center of loaf, leaving 1/2-inch-thick shell. Reserve removed bread for another use.

Brush inside of loaf and cut-side of top evenly with 2 Tbsp. dressing.

Place bread, cut-sides up, on baking sheet.

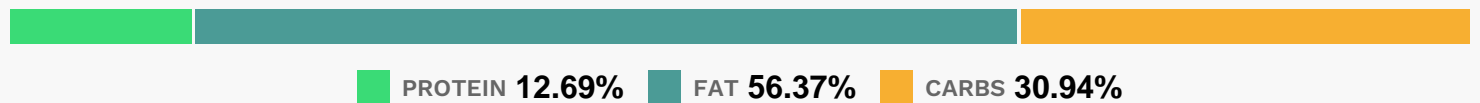
Bake 5 min. or until lightly toasted; cool.

Toss greens with chicken, peppers and cheese.

Add 1/3 cup dressing; mix lightly. Spoon into bread shell; cover with top of loaf.

Cut crosswise into pieces to serve.

## Nutrition Facts



## Properties

Glycemic Index:1.97, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:2.4182608820822%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 113.82kcal (5.69%), Fat: 7.12g (10.96%), Saturated Fat: 3.57g (22.32%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 8.19g (2.98%), Sugar: 5.23g (5.81%), Cholesterol: 8.18mg (2.73%), Sodium: 139.89mg (6.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin B3: 1.55mg (7.77%), Vitamin C: 5.71mg (6.92%), Vitamin A: 172.92IU (3.46%), Folate: 13.77µg (3.44%), Phosphorus: 33.87mg (3.39%), Vitamin B2: 0.06mg (3.33%), Vitamin B6: 0.07mg (3.3%), Selenium: 2.22µg (3.17%), Iron: 0.44mg (2.47%), Fiber: 0.61g (2.45%), Vitamin B1: 0.03mg (2.31%), Vitamin K: 2.29µg (2.18%), Calcium: 20.58mg (2.06%), Potassium: 65.64mg (1.88%), Magnesium: 5.88mg (1.47%), Zinc: 0.21mg (1.43%), Vitamin B12: 0.08µg (1.39%), Vitamin E: 0.16mg (1.09%), Vitamin B5: 0.11mg (1.07%)