



Giant Ham-and-Pepper Salad Sandwich

READY IN



15 min.

SERVINGS



4

CALORIES



1310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce processed cheese food
- ☐ 0.3 cup pickled banana peppers drained sliced
- ☐ 16 ounce round bread loaf italian
- ☐ 3 ounce cream cheese softened
- ☐ 1 pound deli ham thinly sliced
- ☐ 2 green onions chopped
- ☐ 3 tablespoons dijon honey mustard
- ☐ 4 servings lettuce leaves
- ☐ 1 tablespoon mayonnaise

- ☐ 6 ounce swiss cheese
- ☐ 1 slices tomatoes

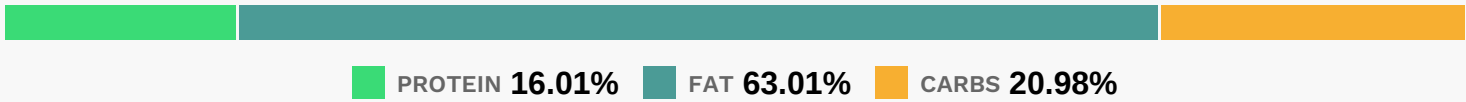
Equipment

- ☐ paper towels
- ☐ baking paper
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Cut off top one-third of bread loaf, and spread cut side of top with honey mustard; set aside.
- ☐ Scoop out soft center of remaining bread, leaving a 1/4-inch-thick shell. (Reserve soft center of loaf for other uses, if desired.)
- ☐ Stir together onions, cream cheese, and mayonnaise; spread in bottom of bread shell.
- ☐ Layer with ham, peppers, and cheeses; cover with bread top, honey mustard side down. Wrap in aluminum foil or a heavy-duty zip-top plastic bag.
- ☐ Place tomato and lettuce in zip-top plastic bags. Surround with ice packs for transport to picnic.
- ☐ Unwrap whole sandwich, add lettuce and tomato slices, and cut into 4 wedges.
- ☐ Serve on heavy paper towels or parchment paper.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:30.65608700462%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 1310.16kcal (65.51%), Fat: 91.23g (140.36%), Saturated Fat: 46.12g (288.28%), Carbohydrates: 68.39g (22.8%), Net Carbohydrates: 63.68g (23.16%), Sugar: 39.46g (43.84%), Cholesterol: 161.15mg (53.72%), Sodium: 2473.4mg (107.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.15g (104.29%), Phosphorus: 747.2mg (74.72%), Calcium: 718.28mg (71.83%), Selenium: 46.38µg (66.26%), Vitamin B1: 0.89mg (59.37%), Vitamin A: 2828.04IU (56.56%), Vitamin B3: 10.49mg (52.46%), Vitamin B12: 2.49µg (41.44%), Zinc: 5.64mg (37.57%), Vitamin B2: 0.63mg (37.16%), Vitamin B6: 0.55mg (27.45%), Folate: 99.25µg (24.81%), Iron: 3.99mg (22.17%), Potassium: 765.73mg (21.88%), Vitamin K: 21.17µg (20.17%), Fiber: 4.71g (18.84%), Magnesium: 70.56mg (17.64%), Vitamin C: 12.78mg (15.49%), Vitamin B5: 0.97mg (9.73%), Vitamin E: 1.38mg (9.22%), Copper: 0.15mg (7.39%), Vitamin D: 0.97µg (6.47%), Manganese: 0.13mg (6.46%)