



Giant Stuffed Sandwich

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 8 slices cheddar cheese
- ☐ 0.3 cup coarse mustard
- ☐ 9 oz deli honey ham sliced
- ☐ 6 oz deli roast turkey sliced
- ☐ 2 eggs beaten
- ☐ 8 servings garnish: lettuce shredded
- ☐ 0.5 cup mayonnaise

- ☐ 0.5 cup quick-cooking oats uncooked
- ☐ 1 onion red thinly sliced
- ☐ 6 oz deli roast chicken sliced
- ☐ 1 to 2 tomatoes thinly sliced
- ☐ 0.5 cup water boiling
- ☐ 0.8 cup very warm water (110 to 115 degrees)
- ☐ 16 oz roll mix hot
- ☐ 16 oz roll mix hot

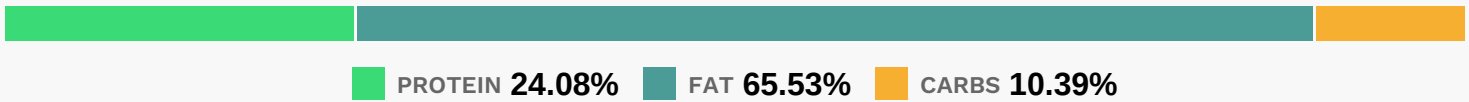
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ pizza pan

Directions

- ☐ Combine oats, boiling water and butter in a large bowl; let stand for 5 minutes. Dissolve yeast from roll mix in warm water; add to oat mixture. Stir well; mix in eggs.
- ☐ Add flour from roll mix; blend well. Form into a 10-inch circle on a greased 12" pizza pan. Cover; let rise for 25 minutes, until double.
- ☐ Bake at 350 degrees for 25 minutes. Cool on a wire rack; cut in half horizontally.
- ☐ Whisk together mayo and mustard; spread over cut sides. Assemble sandwich and cut into wedges.

Nutrition Facts



Properties

Glycemic Index:40.13, Glycemic Load:3.06, Inflammation Score:-7, Nutrition Score:15.358260932176%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 380.53kcal (19.03%), Fat: 27.82g (42.81%), Saturated Fat: 9.48g (59.27%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 7.63g (2.77%), Sugar: 3.46g (3.85%), Cholesterol: 113.85mg (37.95%), Sodium: 983.98mg (42.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.01g (46.02%), Vitamin K: 46.5µg (44.29%), Selenium: 25.54µg (36.49%), Phosphorus: 318.91mg (31.89%), Manganese: 0.41mg (20.54%), Vitamin B1: 0.31mg (20.42%), Vitamin A: 915.68IU (18.31%), Vitamin B3: 3.42mg (17.09%), Calcium: 164.55mg (16.45%), Zinc: 2.43mg (16.23%), Vitamin B2: 0.27mg (15.94%), Vitamin B6: 0.32mg (15.83%), Magnesium: 49.47mg (12.37%), Potassium: 427.22mg (12.21%), Folate: 44.46µg (11.11%), Iron: 1.81mg (10.08%), Vitamin B12: 0.57µg (9.44%), Fiber: 2.3g (9.19%), Copper: 0.17mg (8.75%), Vitamin E: 1.21mg (8.05%), Vitamin B5: 0.79mg (7.9%), Vitamin C: 5.65mg (6.84%), Vitamin D: 0.57µg (3.82%)