



Greek Salad Heros

READY IN



45 min.

SERVINGS



2

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cherry tomatoes thinly sliced
- 0.5 cup cucumber thinly sliced
- 2 tablespoons feta cheese crumbled
- 0.8 cup mushrooms fresh thinly sliced
- 1 clove garlic minced
- 2 leaf lettuce leaves green
- 2 ounces low-salt ham thinly sliced reduced-fat
- 2 tablespoons olives ripe sliced
- 0.1 teaspoon oregano dried

- 5 ounce submarine rolls
- 2 ounces turkey breast cooked thinly sliced
- 1 tablespoon balsamic vinegar white

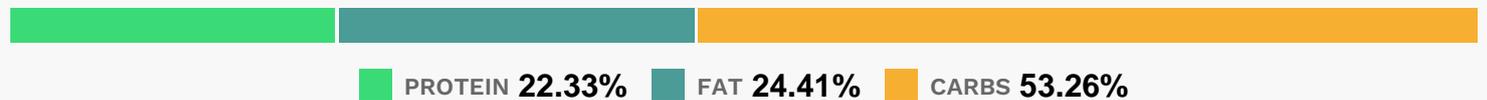
Equipment

- bowl

Directions

- Combine first 8 ingredients in a small bowl; toss gently.
- Let stand 30 minutes, tossing occasionally.
- Cut a thin slice off top of each roll; discard slices. Set tops aside.
- Cut a 2-inch-wide, V-shaped wedge down length of each roll. Reserve bread wedges for another use.
- Drain vegetable mixture. Line each roll with a lettuce leaf; top evenly with ham and turkey. Spoon vegetable mixture evenly over meat; cover with bread tops.

Nutrition Facts



Properties

Glycemic Index:116, Glycemic Load:24.25, Inflammation Score:-5, Nutrition Score:12.624782567439%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg 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: 290.54kcal (14.53%), Fat: 7.94g (12.22%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 39g (13%), Net Carbohydrates: 36.74g (13.36%), Sugar: 7.66g (8.51%), Cholesterol: 30.44mg (10.15%), Sodium: 686.12mg (29.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.35g (32.69%), Iron: 11.62mg (64.53%), Vitamin B3: 4.9mg (24.51%), Vitamin B2: 0.36mg (21.02%), Vitamin B6: 0.4mg (19.96%), Phosphorus: 184.77mg (18.48%), Selenium: 12.83µg (18.33%), Vitamin C: 10.13mg (12.28%), Calcium: 116.16mg (11.62%), Copper: 0.22mg (10.77%), Vitamin B5: 1.06mg (10.6%), Potassium: 359.2mg (10.26%), Fiber: 2.26g (9.02%), Vitamin B12: 0.51µg (8.48%), Zinc: 1.21mg

(8.07%), Vitamin A: 375.36IU (7.51%), Manganese: 0.13mg (6.4%), Vitamin B1: 0.09mg (6.19%), Folate: 23.58µg (5.9%), Magnesium: 23.57mg (5.89%), Vitamin K: 5.83µg (5.55%), Vitamin E: 0.58mg (3.88%), Vitamin D: 0.17µg (1.12%)