



Hearty Hot Hero

READY IN



45 min.

SERVINGS



45

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb bread baguette french
- 16 slices oscar mayer deli ham smoked fresh
- 1 tsp penzey's southwest seasoning dried italian
- 4 singles kraft
- 0.3 cup real mayo mayonnaise kraft
- 1 tomato and onion thinly sliced
- 5 mild pepperoncini peppers halved seeded
- 6 slices oscar mayer cotto salami

Equipment

- oven
- aluminum foil

Directions

- Heat oven to 350F.
- Mix mayo and seasoning; spread onto cut sides of baguette.
- Fill with remaining ingredients. Wrap in foil.
- Bake 30 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:4.23, Glycemic Load:4.09, Inflammation Score:-1, Nutrition Score:2.5995652073103%

Flavonoids

Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 66.47kcal (3.32%), Fat: 3.26g (5.01%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 5.27g (1.91%), Sugar: 0.61g (0.67%), Cholesterol: 7.66mg (2.55%), Sodium: 215.28mg (9.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Vitamin B1: 0.14mg (9.65%), Selenium: 5.49µg (7.85%), Vitamin B3: 1.02mg (5.08%), Vitamin B2: 0.07mg (4.17%), Phosphorus: 36.84mg (3.68%), Folate: 13.66µg (3.42%), Vitamin B6: 0.06mg (3.13%), Manganese: 0.06mg (3.07%), Iron: 0.52mg (2.91%), Zinc: 0.4mg (2.66%), Vitamin K: 2.46µg (2.35%), Vitamin B12: 0.1µg (1.65%), Potassium: 52.18mg (1.49%), Magnesium: 5.93mg (1.48%), Copper: 0.03mg (1.4%), Vitamin C: 1.1mg (1.33%), Fiber: 0.32g (1.27%)