



## Hero Muffuletta

READY IN



30 min.

SERVINGS



8

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 lb round bread loaf italian
- 9 oz oscar mayer deli oven roasted turkey breast fresh
- 0.8 cup mushrooms fresh sliced
- 1 bell pepper green cut into strips
- 2 green onions sliced
- 3 Tbsp 3 tbsp. kraft zesty italian dressing italian kraft
- 5 singles kraft
- 2 cups torn leaf lettuce
- 3 Tbsp miracle whip dressing

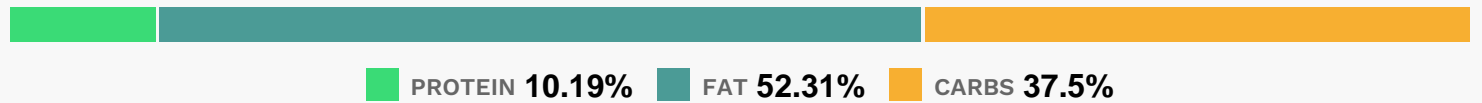
3 tomatoes sliced

## Equipment

## Directions

- Toss first 4 ingredients with Italian dressing; let stand 10 min.
- Meanwhile, cut bread horizontally in half; hollow out each half, leaving 1/2-inch-thick shell. Discard removed bread or reserve for another use. (See Tip.)
- Spread insides of bread shells with MIRACLE WHIP.
- Drain vegetable mixture; discard dressing.
- Layer turkey, Singles, vegetable mixture and lettuce in bottom half of bread; cover with top of bread.
- Cut into wedges.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:0.63, Inflammation Score:-10, Nutrition Score:16.092173883448%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

## Nutrients (% of daily need)

Calories: 548.11kcal (27.41%), Fat: 32.1g (49.39%), Saturated Fat: 16.74g (104.62%), Carbohydrates: 51.77g (17.26%), Net Carbohydrates: 47.11g (17.13%), Sugar: 30.18g (33.54%), Cholesterol: 16.91mg (5.64%), Sodium: 774.41mg (33.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.07g (28.15%), Vitamin A: 4870.94IU (97.42%), Vitamin B3: 7.65mg (38.23%), Vitamin C: 29.7mg (36%), Folate: 90.15µg (22.54%), Fiber: 4.66g (18.63%), Potassium: 595.41mg (17.01%), Phosphorus: 160.38mg (16.04%), Vitamin B1: 0.23mg (15.27%), Iron: 2.73mg (15.16%), Vitamin B6: 0.29mg (14.3%), Vitamin K: 14.04µg (13.37%), Manganese: 0.27mg (13.3%), Vitamin B2: 0.21mg (12.45%), Magnesium: 38.69mg (9.67%), Selenium: 5.53µg (7.9%), Vitamin B5: 0.5mg (5.04%), Vitamin E: 0.72mg (4.81%), Zinc: 0.63mg (4.18%), Calcium: 38.86mg (3.89%), Copper: 0.08mg (3.78%)