



Hero Sandwiches

READY IN



45 min.

SERVINGS



12

CALORIES



875 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce un bologna sliced
- ☐ 32 ounce loaves bread italian
- ☐ 8 ounce corned beef ribs sliced
- ☐ 0.3 cup dijon mustard
- ☐ 1 Leaf lettuce
- ☐ 0.5 cup mayonnaise
- ☐ 8 ounce mild cheddar cheese
- ☐ 6 ounce provolone cheese
- ☐ 8 ounce genoa salami sliced

- ☐ 8 ounce swiss cheese
- ☐ 2 medium tomatoes sliced
- ☐ 4 ounce breast of turkey sliced

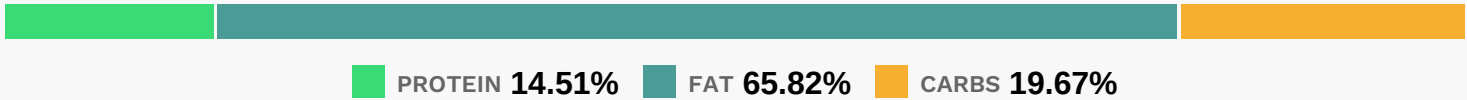
Equipment

- ☐ knife
- ☐ bread knife

Directions

- ☐ Using an electric knife or sharp bread knife, slice each loaf in half lengthwise.
- ☐ Spread cut side of top of each loaf with 1/4 cup mayonnaise; spread cut side of bottom of each loaf with 3 tablespoons mustard. Line bottom of each loaf with leaf lettuce; top lettuce with half of tomato slices.
- ☐ Arrange meat slices and cheese slices evenly over tomatoes on each loaf, alternating meat and cheese. Top each with remaining tomato slices, and cover with tops of bread loaves. Slice sandwiches and serve.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:18.497391337934%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 875.49kcal (43.77%), Fat: 63.93g (98.36%), Saturated Fat: 30.04g (187.78%), Carbohydrates: 43.01g (14.34%), Net Carbohydrates: 39.89g (14.5%), Sugar: 25.02g (27.8%), Cholesterol: 91.76mg (30.59%), Sodium: 1517.56mg (65.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.71g (63.41%), Calcium: 436.34mg (43.63%), Selenium: 30.26µg (43.23%), Phosphorus: 424.44mg (42.44%), Vitamin B12: 2.26µg (37.64%), Vitamin B3: 6.76mg (33.81%), Zinc: 4.1mg (27.34%), Vitamin B1: 0.36mg (24.18%), Vitamin B2: 0.4mg (23.77%), Vitamin K: 18.16µg

(17.29%), Vitamin B6: 0.35mg (17.29%), Folate: 61.93µg (15.48%), Iron: 2.72mg (15.12%), Potassium: 480.73mg (13.74%), Vitamin A: 672.61IU (13.45%), Fiber: 3.12g (12.49%), Magnesium: 45.42mg (11.36%), Vitamin C: 8.1mg (9.82%), Vitamin B5: 0.74mg (7.37%), Copper: 0.1mg (5.12%), Vitamin E: 0.73mg (4.86%), Manganese: 0.07mg (3.59%), Vitamin D: 0.36µg (2.42%)