

Hoagie Bake

READY IN



50 min.

SERVINGS



8

CALORIES



511 kcal

Ingredients

- 0.3 pound finely-chopped ham cooked sliced
- 3 eggs beaten
- 2 tablespoons parmesan cheese grated
- 0.3 pound pepperoni sliced
- 8 slices provolone cheese
- 16 ounce regular crescent rolls refrigerated
- 0.3 pound genoa salami sliced
- 8 slices swiss cheese

Equipment

- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C). Coat a 9x13 inch baking dish with cooking spray.
- Cover bottom of baking dish with 1 package crescent roll dough.
- Layer with salami, ham, and pepperoni. Cover meat with a layer of Provolone cheese and Swiss cheese.
- Spread 1/2 of the beaten eggs over the cheese. Top with second package of crescent rolls.
- Brush with remaining beaten eggs, and sprinkle with Parmesan cheese.
- Bake, uncovered, in the preheated oven for 25 minutes. Cover with foil, and bake for another 10 minutes.

Nutrition Facts

PROTEIN 17.37% **FAT 64.08%** **CARBS 18.55%**

Properties

Glycemic Index:13.75, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:11.564782712771%

Nutrients (% of daily need)

Calories: 511.06kcal (25.55%), Fat: 36.86g (56.7%), Saturated Fat: 16.59g (103.7%), Carbohydrates: 24g (8%), Net Carbohydrates: 24g (8.73%), Sugar: 5.84g (6.49%), Cholesterol: 126.68mg (42.23%), Sodium: 1368mg (59.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.48g (44.96%), Selenium: 23.89µg (34.13%), Phosphorus: 328.66mg (32.87%), Calcium: 320.62mg (32.06%), Vitamin B12: 1.74µg (28.93%), Zinc: 2.88mg (19.21%), Vitamin B2: 0.31mg (18.19%), Vitamin B1: 0.26mg (17.19%), Vitamin B6: 0.22mg (11.02%), Vitamin B3: 2.06mg (10.29%), Iron: 1.62mg (9.02%), Vitamin B5: 0.86mg (8.62%), Vitamin A: 408.21IU (8.16%), Potassium: 195.61mg (5.59%), Magnesium: 21.99mg (5.5%), Manganese: 0.11mg (5.47%), Vitamin D: 0.62µg (4.1%), Vitamin C: 3.3mg (4%), Copper: 0.08mg (3.85%), Folate: 12.68µg (3.17%), Vitamin E: 0.47mg (3.14%), Vitamin K: 1.55µg (1.48%)