



Hoagie Dip

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



1026 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound ham cooked thinly sliced
- ☐ 0.5 head iceberg lettuce shredded
- ☐ 2 cups mayonnaise
- ☐ 1 onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1 pound processed american cheese sliced
- ☐ 0.5 pound genoa salami thinly sliced
- ☐ 12 hoagie rolls for dipping

☐ 2 tomatoes diced

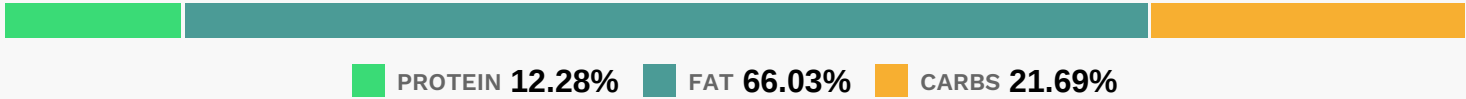
Equipment

☐ bowl

Directions

- ☐ Tear the ham, salami and American cheese into small pieces.
- ☐ Place in a large bowl.
- ☐ In a medium bowl, blend the mayonnaise and oregano.
- ☐ Mix the mayonnaise mixture into the ham mixture 1/2 cup at a time, until meats and cheese are well coated.
- ☐ Mix in the onion.
- ☐ Before serving, mix in the lettuce and tomatoes.
- ☐ Serve with the hoagie roll pieces for dipping.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:36.09, Inflammation Score:-8, Nutrition Score:26.567826177763%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 1025.71kcal (51.29%), Fat: 75.08g (115.5%), Saturated Fat: 20.67g (129.2%), Carbohydrates: 55.47g (18.49%), Net Carbohydrates: 52.66g (19.15%), Sugar: 10.17g (11.3%), Cholesterol: 123.31mg (41.1%), Sodium: 2715.54mg (118.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.42g (62.85%), Vitamin K: 106.47µg (101.4%), Iron: 17.49mg (97.19%), Calcium: 632.24mg (63.22%), Phosphorus: 541.75mg (54.17%), Selenium: 25.68µg (36.69%), Vitamin B12: 2.11µg (35.19%), Vitamin B1: 0.46mg (30.69%), Zinc: 3.46mg (23.06%), Vitamin A: 1006.24IU

(20.12%), Vitamin B2: 0.32mg (19.12%), Vitamin E: 2.61mg (17.41%), Vitamin B6: 0.32mg (16.2%), Vitamin C: 12.79mg (15.5%), Vitamin B3: 2.9mg (14.51%), Potassium: 419.62mg (11.99%), Fiber: 2.82g (11.27%), Vitamin B5: 0.95mg (9.52%), Manganese: 0.18mg (9.01%), Magnesium: 35.96mg (8.99%), Copper: 0.15mg (7.47%), Folate: 26.93µg (6.73%), Vitamin D: 0.45µg (3.01%)