



Hoagie Sandwiches on the Grill

READY IN



25 min.

SERVINGS



8

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 portugese rolls split soft (6 to 7 inch)
- ☐ 0.8 cup dijon mustard
- ☐ 14 oz mozzarella cheese cut into 4 pieces
- ☐ 0.5 lb summer savory thinly sliced
- ☐ 1 lb turkey cooked thinly sliced
- ☐ 1 medium bell pepper green cut into thin bite-size strips

Equipment

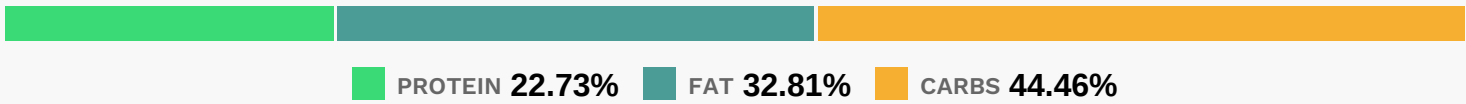
- ☐ grill

☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Cut 8 (12x12-inch) sheets of heavy-duty foil.
- ☐ Spread cut sides of buns with mustard-mayonnaise spread.
- ☐ On bottom halves of buns, layer cheese, salami, turkey and bell pepper. Cover with top halves of buns.
- ☐ Place sandwiches on foil. Wrap each packet securely using double-fold seals, allowing room for heat expansion.
- ☐ Place packets on grill. Cover grill; cook over medium heat 8 to 10 minutes or until thoroughly heated. Carefully open packets to allow steam to escape.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:23.37, Inflammation Score:-9, Nutrition Score:30.406956631204%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 473.16kcal (23.66%), Fat: 18.05g (27.76%), Saturated Fat: 8.12g (50.73%), Carbohydrates: 55.01g (18.34%), Net Carbohydrates: 39.73g (14.45%), Sugar: 5.55g (6.17%), Cholesterol: 68.18mg (22.73%), Sodium: 912.7mg (39.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.13g (56.25%), Iron: 22.38mg (124.34%), Manganese: 1.86mg (93.23%), Calcium: 881.96mg (88.2%), Fiber: 15.28g (61.1%), Vitamin B6: 0.82mg (40.96%), Vitamin A: 1883.86IU (37.68%), Selenium: 26.25µg (37.5%), Magnesium: 139.56mg (34.89%), Vitamin C: 26.23mg (31.79%), Phosphorus: 317.17mg (31.72%), Vitamin B12: 1.62µg (27.04%), Zinc: 3.55mg (23.69%), Vitamin B3: 4.49mg (22.44%), Copper: 0.29mg (14.52%), Potassium: 486.88mg (13.91%), Vitamin B2: 0.23mg (13.79%), Vitamin B1: 0.2mg (13.35%), Vitamin B5: 0.48mg (4.81%), Vitamin K: 2.59µg (2.47%), Folate: 9.41µg (2.35%), Vitamin D: 0.32µg (2.13%), Vitamin E: 0.27mg (1.78%)