



Hoagie Sandwiches on the Grill

READY IN



25 min.

SERVINGS



8

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

Equipment

- grill

aluminum foil

Directions

Heat gas or charcoal grill.

Cut 8 (12x12-inch) sheets of heavy-duty foil.

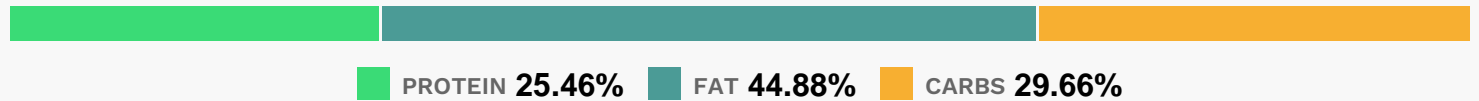
Spread cut sides of buns with mustard-mayonnaise spread.

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:21.25, Glycemic Load:23.37, Inflammation Score:-4, Nutrition Score:15.709999924121%

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: 482.23kcal (24.11%), Fat: 23.9g (36.76%), Saturated Fat: 9.67g (60.46%), Carbohydrates: 35.53g (11.84%), Net Carbohydrates: 33.21g (12.08%), Sugar: 5.55g (6.17%), Cholesterol: 88.59mg (29.53%), Sodium: 1086.2mg (47.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.5g (61.01%), Iron: 11.95mg (66.39%), Selenium: 24.95µg (35.64%), Phosphorus: 315.75mg (31.58%), Vitamin B12: 1.86µg (31.05%), Calcium: 280.1mg (28.01%), Vitamin B3: 4.66mg (23.3%), Vitamin B6: 0.4mg (19.78%), Zinc: 2.95mg (19.66%), Vitamin B2: 0.27mg (15.83%), Vitamin C: 12.25mg (14.85%), Vitamin B1: 0.16mg (10.98%), Fiber: 2.32g (9.29%), Magnesium: 36.65mg (9.16%), Vitamin A: 450.79IU (9.02%), Potassium: 259.23mg (7.41%), Manganese: 0.14mg (6.83%), Vitamin B5: 0.67mg (6.71%), Vitamin D: 0.69µg (4.59%), Copper: 0.08mg (4.11%), Vitamin K: 2.71µg (2.58%), Folate: 9.7µg (2.42%), Vitamin E: 0.32mg (2.14%)