



 9%  
HEALTH SCORE

## Hot Italian Heroes

READY IN



40 min.

SERVINGS



8

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 ounces ham sliced
- 9 inch portugese rolls split
- 1 cup salad dressing italian
- 12 ounces marinated artichoke drained
- 4 ounces pepper rings hot jarred drained
- 8 ounces provolone cheese thinly sliced
- 0.5 small onion red sliced
- 8 ounces roasted peppers red jarred drained cut into strips
- 4 ounces genoa salami hard sliced

- 8 servings salt and pepper
- 4 ounces soppressata sliced
- 12 ounces turkey breast thinly sliced

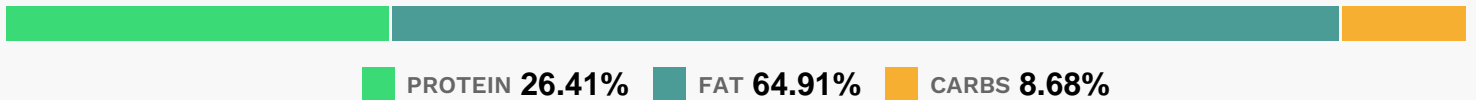
## Equipment

- food processor
- grill
- aluminum foil

## Directions

- Place artichoke hearts in a food processor; pulse to chop.
- Drizzle rolls with 1/2 cup dressing. Divide turkey evenly among rolls; repeat with remaining cold cuts and cheese. Top each hero with 2 Tbsp. chopped artichoke. Divide red peppers, onion and pepper rings among sandwiches. Season with salt and pepper.
- Wrap each sandwich in aluminum foil and keep refrigerated or in a cooler until it's time to grill.
- Place heroes over indirect heat on grill until they feel warm inside, 10 to 15 minutes.
- Serve with remaining 1/2 cup dressing.

## Nutrition Facts



## Properties

Glycemic Index:22.88, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:17.611304500829%

## Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

## Nutrients (% of daily need)

Calories: 458.83kcal (22.94%), Fat: 32.77g (50.41%), Saturated Fat: 11.34g (70.9%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 8.5g (3.09%), Sugar: 4.24g (4.72%), Cholesterol: 82.5mg (27.5%), Sodium: 2326.93mg (101.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30g (60%), Selenium: 28.11µg (40.15%), Phosphorus:

378.63mg (37.86%), Vitamin B3: 7.32mg (36.59%), Vitamin B6: 0.69mg (34.57%), Vitamin B1: 0.47mg (31.31%), Vitamin B12: 1.66µg (27.62%), Vitamin C: 22.74mg (27.56%), Calcium: 251.85mg (25.19%), Zinc: 3.4mg (22.67%), Vitamin B2: 0.32mg (18.78%), Vitamin A: 841.35IU (16.83%), Vitamin K: 17.1µg (16.29%), Potassium: 406.41mg (11.61%), Iron: 2.05mg (11.37%), Vitamin B5: 0.91mg (9.14%), Magnesium: 35.47mg (8.87%), Copper: 0.14mg (7.18%), Vitamin E: 0.84mg (5.58%), Fiber: 1.35g (5.4%), Manganese: 0.09mg (4.67%), Folate: 13.07µg (3.27%), Vitamin D: 0.38µg (2.55%)