



## Hot Sub Sandwiches

READY IN



25 min.

SERVINGS



6

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 24 slices oscar mayer deli honey ham fresh
- 2 pasilla peppers green sliced
- 6 singles kraft
- 0.3 cup miracle whip dressing
- 1 large onion thinly sliced
- 6 submarine rolls split
- 3 large tomatoes thinly sliced

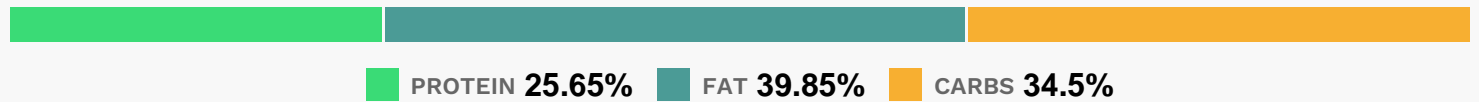
## Equipment

- baking sheet
- oven
- aluminum foil

## Directions

- Heat oven to 400F.
- Spread cut sides of rolls with dressing.
- Fill with remaining ingredients. Wrap individually in foil; place on baking sheet.
- Bake 15 min.

## Nutrition Facts



## Properties

Glycemic Index:24.67, Glycemic Load:24.52, Inflammation Score:-7, Nutrition Score:20.169130263121%

## Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

## Nutrients (% of daily need)

Calories: 490.12kcal (24.51%), Fat: 21.55g (33.16%), Saturated Fat: 6.83g (42.67%), Carbohydrates: 42g (14%), Net Carbohydrates: 38.54g (14.01%), Sugar: 9.9g (11%), Cholesterol: 70.56mg (23.52%), Sodium: 1725.41mg (75.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.22g (62.44%), Iron: 12.07mg (67.06%), Vitamin C: 46.21mg (56.01%), Vitamin B1: 0.74mg (49.39%), Selenium: 25.55µg (36.5%), Vitamin B6: 0.62mg (30.86%), Vitamin B3: 5.76mg (28.78%), Phosphorus: 286.46mg (28.65%), Zinc: 2.87mg (19.15%), Vitamin A: 934.29IU (18.69%), Potassium: 649.47mg (18.56%), Vitamin B2: 0.29mg (16.79%), Fiber: 3.46g (13.84%), Vitamin B12: 0.72µg (11.95%), Manganese: 0.2mg (10%), Vitamin K: 10.22µg (9.74%), Magnesium: 37.76mg (9.44%), Copper: 0.18mg (9.13%), Vitamin E: 1.05mg (6.98%), Vitamin B5: 0.66mg (6.63%), Folate: 25.73µg (6.43%), Vitamin D: 0.78µg (5.23%), Calcium: 40.8mg (4.08%)