



Hot Veggie and Cheese Hoagies

READY IN



45 min.

SERVINGS



8

CALORIES



397 kcal

Ingredients

- ☐ 4 cups broccoli florets
- ☐ 6 oz cheddar cheese
- ☐ 1 teaspoon basil dried
- ☐ 8 oz mushrooms fresh sliced
- ☐ 6 oz havarti cheese
- ☐ 0.3 cup salad dressing italian
- ☐ 1 medium onion halved thinly sliced
- ☐ 1 medium bell pepper red coarsely chopped
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 8 portugese rolls split soft (6 to 7 inch)

- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon water

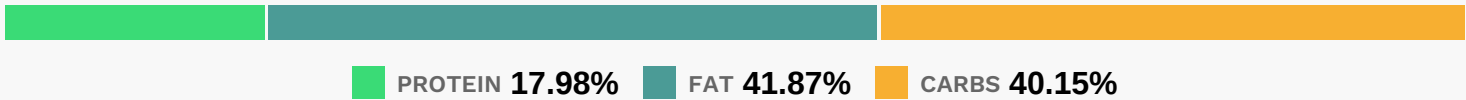
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375F. On ungreased cookie sheet, place buns, cut sides up.
- ☐ Bake 5 to 8 minutes or until toasted.
- ☐ Meanwhile, in 12-inch nonstick skillet, heat oil over medium-high heat. Cook onion and bell pepper in oil 3 minutes, stirring constantly.
- ☐ Add broccoli and mushrooms; sprinkle with basil and seasoned salt; add water. Cover; cook 3 to 5 minutes, stirring occasionally, until broccoli is crisp-tender.
- ☐ Cut eight 16x12-inch pieces of foil. Spray foil with cooking spray.
- ☐ Drizzle dressing over cut sides of toasted buns.
- ☐ Cut cheese slices to fit sandwiches.
- ☐ Layer Havarti cheese, vegetable mixture and Cheddar cheese in buns. Wrap each sandwich in foil.
- ☐ Bake 10 to 15 minutes or until warm and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:24.36, Inflammation Score:-8, Nutrition Score:18.980434816817%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 396.58kcal (19.83%), Fat: 18.71g (28.78%), Saturated Fat: 8.32g (52%), Carbohydrates: 40.37g (13.46%), Net Carbohydrates: 37.24g (13.54%), Sugar: 7.74g (8.6%), Cholesterol: 39.97mg (13.32%), Sodium: 828.14mg (36.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.08g (36.15%), Vitamin C: 61.38mg (74.39%), Iron: 11.42mg (63.43%), Vitamin K: 57.09µg (54.37%), Calcium: 316.11mg (31.61%), Phosphorus: 273.78mg (27.38%), Vitamin A: 1134.71IU (22.69%), Vitamin B2: 0.35mg (20.53%), Selenium: 11.83µg (16.9%), Folate: 60.55µg (15.14%), Zinc: 2.04mg (13.6%), Fiber: 3.12g (12.5%), Vitamin B6: 0.21mg (10.45%), Potassium: 325.52mg (9.3%), Vitamin B5: 0.91mg (9.1%), Vitamin B12: 0.53µg (8.84%), Manganese: 0.17mg (8.64%), Vitamin E: 1.21mg (8.09%), Vitamin B3: 1.52mg (7.62%), Copper: 0.15mg (7.5%), Magnesium: 28.01mg (7%), Vitamin B1: 0.09mg (5.87%), Vitamin D: 0.24µg (1.6%)