



Hummus "Cheesesteak" Hoagies

 Vegetarian

READY IN



18 min.

SERVINGS



4

CALORIES



420 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 garlic cloves thinly sliced
- ☐ 8 ounce water plain
- ☐ 4 servings napa cabbage slaw
- ☐ 1 tablespoon olive oil
- ☐ 1 cup poblano chile thinly sliced
- ☐ 2 ounce provolone cheese
- ☐ 1 cup bell pepper red thinly sliced

- ☐ 12 ounce hoagie rolls split
- ☐ 1 cup onion yellow vertically sliced

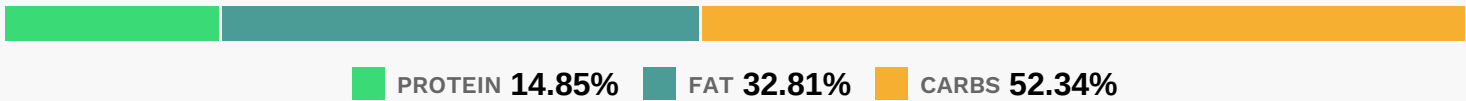
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Hollow out top and bottom halves of bread, leaving a 1/2-inch-thick shell; reserve torn bread for another use.
- ☐ Place rolls, cut sides up, on a baking sheet. Broil 1 minute or until toasted.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and next 5 ingredients (through black pepper); saut 5 minutes or until vegetables are tender.
- ☐ Spread about 1/4 cup hummus over bottom half of each roll; top with 1/2 cup onion mixture and 1 cheese slice. Broil 2 minutes or until cheese melts. Top hoagies with top halves of rolls.

Nutrition Facts



Properties

Glycemic Index:71.63, Glycemic Load:30.32, Inflammation Score:-9, Nutrition Score:19.723478139743%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg

Nutrients (% of daily need)

Calories: 419.65kcal (20.98%), Fat: 15.6g (24%), Saturated Fat: 3.79g (23.68%), Carbohydrates: 55.99g (18.66%), Net Carbohydrates: 49.08g (17.85%), Sugar: 9.47g (10.52%), Cholesterol: 9.78mg (3.26%), Sodium: 675.16mg (29.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.89g (31.77%), Vitamin C: 81.56mg (98.86%), Iron: 14.68mg (81.56%), Manganese: 0.64mg (31.8%), Vitamin A: 1487.8IU (29.76%), Fiber: 6.91g (27.63%), Phosphorus: 203.14mg (20.31%), Vitamin B6: 0.4mg (19.84%), Folate: 77.85µg (19.46%), Copper: 0.36mg (17.95%), Calcium: 157.74mg (15.77%), Magnesium: 57.51mg (14.38%), Zinc: 1.74mg (11.6%), Vitamin B1: 0.17mg (11.32%), Potassium: 366.56mg (10.47%), Vitamin E: 1.32mg (8.82%), Vitamin B2: 0.14mg (8.18%), Vitamin K: 7.96µg (7.59%), Selenium: 4.12µg (5.89%), Vitamin B3: 0.98mg (4.89%), Vitamin B5: 0.36mg (3.64%), Vitamin B12: 0.21µg (3.45%)