

Italian Stallion Sub

READY IN



10 min.

SERVINGS



10

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

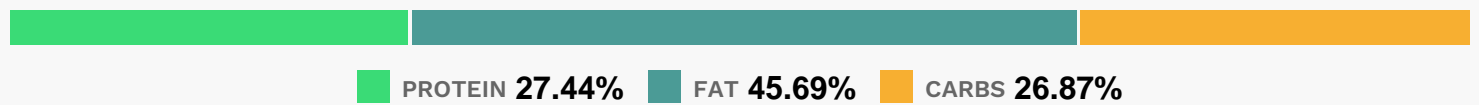
- 1 bread baguette split french
- 3 slices oscar mayer deli ham smoked fresh
- 3 slices oscar mayer deli turkey breast smoked fresh
- 1 cup lettuce shredded
- 2 tsp lite house dressing italian kraft
- 1 Tbsp miracle whip dressing light
- 1 onion red separated thin
- 1 slim cut swiss cheese kraft
- 3 slices tomatoes thin

Equipment

Directions

- Spread bottom half of bread with MIRACLE WHIP.
- Fill with all remaining ingredients except Italian dressing.
- Drizzle with Italian dressing.
- Cut in half.

Nutrition Facts



Properties

Glycemic Index:18.27, Glycemic Load:0.99, Inflammation Score:-1, Nutrition Score:2.0117390933244%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 45.51kcal (2.28%), Fat: 2.31g (3.56%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.07g (1.19%), Cholesterol: 7.7mg (2.57%), Sodium: 166.43mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.25%), Selenium: 3.3µg (4.72%), Vitamin B1: 0.07mg (4.7%), Phosphorus: 41.82mg (4.18%), Manganese: 0.06mg (2.92%), Vitamin B3: 0.56mg (2.78%), Vitamin B6: 0.05mg (2.66%), Calcium: 23.54mg (2.35%), Zinc: 0.35mg (2.33%), Vitamin K: 2.41µg (2.3%), Vitamin B2: 0.04mg (2.09%), Potassium: 62.48mg (1.79%), Folate: 7.01µg (1.75%), Vitamin B12: 0.11µg (1.75%), Fiber: 0.42g (1.68%), Iron: 0.26mg (1.45%), Magnesium: 5.63mg (1.41%), Vitamin C: 1.07mg (1.29%), Copper: 0.02mg (1.22%), Vitamin A: 54.42IU (1.09%)