



Italian Sub

READY IN



15 min.

SERVINGS



15

CALORIES



278 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 9 oz oscar mayer deli ham smoked fresh
- 2 Tbsp grey poupon dijon mustard
- 1 loaf bread split italian (18 inch)
- 0.5 cup dressing italian kraft
- 2 cups lettuce shredded divided
- 1 tsp oregano leaves dried
- 6 provolone cheese kraft
- 1 small onion red thinly sliced
- 7 oz roasted peppers red drained cut into strips

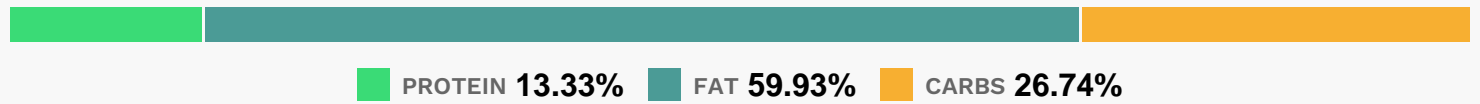
6 slices oscar mayer salami hard

Equipment

Directions

- Mix dressing, mustard and oregano until well blended.
- Spread onto cut sides of bread.
- Place half the lettuce on bottom half of bread; top with meat, peppers, cheese, onions and remaining lettuce. Cover with top of bread.

Nutrition Facts



Properties

Glycemic Index:10.07, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:5.9273913165797%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 278.17kcal (13.91%), Fat: 18.53g (28.51%), Saturated Fat: 8.79g (54.95%), Carbohydrates: 18.61g (6.2%), Net Carbohydrates: 17.01g (6.19%), Sugar: 10.75g (11.95%), Cholesterol: 18.63mg (6.21%), Sodium: 732.74mg (31.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.55%), Vitamin B1: 0.2mg (13.04%), Vitamin B3: 2.45mg (12.26%), Phosphorus: 103.72mg (10.37%), Selenium: 6.81µg (9.72%), Vitamin C: 7.01mg (8.49%), Vitamin K: 7.67µg (7.31%), Calcium: 72.15mg (7.21%), Folate: 27.09µg (6.77%), Vitamin B6: 0.13mg (6.7%), Vitamin B2: 0.11mg (6.55%), Fiber: 1.59g (6.37%), Iron: 1.13mg (6.25%), Zinc: 0.92mg (6.16%), Potassium: 192.93mg (5.51%), Vitamin B12: 0.32µg (5.34%), Magnesium: 15.82mg (3.96%), Vitamin A: 190.29IU (3.81%), Manganese: 0.06mg (3.25%), Copper: 0.05mg (2.4%), Vitamin E: 0.3mg (1.99%), Vitamin B5: 0.18mg (1.82%), Vitamin D: 0.16µg (1.05%)