



Jersey Shore Sub Panini

READY IN



10 min.

SERVINGS



10

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 slice ham from oscar mayer deli combos the classic fresh
- 2 slices turkey from oscar mayer deli combos the classic fresh
- 0.5 cup lettuce shredded
- 1 Tbsp real mayo mayonnaise kraft
- 1 slim cut mozzarella cheese kraft
- 0.3 tsp oregano leaves dried
- 1 submarine roll (6 inch)
- 2 slices tomatoes thin
- 2 tsp vinaigrette dressing made italian with extra virgin olive oil kraft

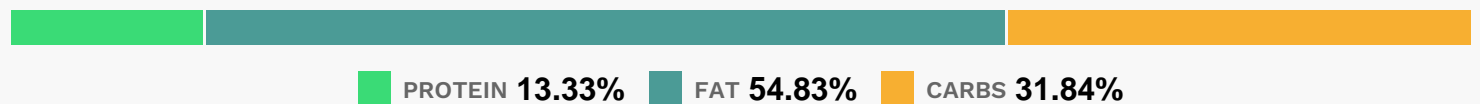
Equipment

- grill
- panini press

Directions

- Heat panini grill sprayed with cooking spray.
- Cut roll horizontally in half. Hollow out both halves of roll slightly; discard removed bread or reserve for another use.
- Spread bottom half of roll with mayo; fill with remaining ingredients. Cover with top of roll.
- Grill 2 to 3 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:2.32, Inflammation Score:-1, Nutrition Score:0.93304347732793%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 43.77kcal (2.19%), Fat: 2.66g (4.1%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 3.31g (1.2%), Sugar: 0.55g (0.61%), Cholesterol: 2.91mg (0.97%), Sodium: 91.35mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.91%), Iron: 1.15mg (6.37%), Vitamin K: 3.96µg (3.77%), Vitamin E: 0.2mg (1.34%), Vitamin B1: 0.02mg (1.24%), Phosphorus: 11.18mg (1.12%)