

Make-Ahead Sandwiches

 Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



310 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup pickle sweet chopped
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- 0.3 teaspoon garlic powder
- 12 hotdog buns split
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- 0.8 cup catsup
- 0.8 cup onion chopped
- 6 ounces part-skim mozzarella cheese shredded

- 0.3 teaspoon pepper
- 0.1 teaspoon hot sauce hot
- 1.5 teaspoons salt

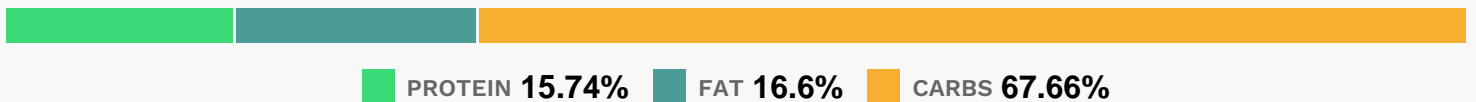
Equipment

- sauce pan
- oven
- aluminum foil

Directions

- In a large saucepan, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the ketchup, pickles, salt, pepper, garlic powder and pepper sauce; heat through. Stir in cheese.
- Place about 1/3 cupful on six buns; serve immediately. Cover and refrigerate remaining meat mixture until cool.
- Fill the remaining buns; wrap individually in heavy-duty foil and seal tightly. Freeze for up to 3 months.
- Bake in foil at 400° for 30–35 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:25.67, Inflammation Score:-4, Nutrition Score:12.241739073525%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 310.02kcal (15.5%), Fat: 5.69g (8.75%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 52.15g (17.38%), Net Carbohydrates: 50.2g (18.25%), Sugar: 13.47g (14.97%), Cholesterol: 9.07mg (3.02%), Sodium: 1023.33mg (44.49%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.14g (24.27%), Selenium: 25.33µg (36.19%), Vitamin B1: 0.48mg (31.7%), Manganese: 0.52mg (25.92%), Calcium: 249.88mg (24.99%), Folate: 84.66µg (21.16%), Vitamin B2: 0.33mg (19.35%), Vitamin B3: 3.82mg (19.09%), Iron: 3.08mg (17.1%), Phosphorus: 162.05mg (16.21%), Vitamin K: 13.87µg (13.21%), Fiber: 1.95g (7.81%), Zinc: 1.08mg (7.2%), Magnesium: 27.23mg (6.81%), Copper: 0.12mg (5.97%), Vitamin A: 292.59IU (5.85%), Potassium: 192.9mg (5.51%), Vitamin B6: 0.1mg (5.25%), Vitamin B12: 0.29µg (4.77%), Vitamin E: 0.54mg (3.6%), Vitamin C: 2.63mg (3.18%)