



Mary Alice's Hoagie Dip

READY IN



25 min.

SERVINGS



8

CALORIES



506 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 inch round loaf bread italian
- ☐ 0.3 pound deli- ham
- ☐ 0.3 pound deli- prosciutto
- ☐ 0.3 pound deli- roast turkey
- ☐ 1.5 teaspoons basil dried
- ☐ 0.5 head iceberg lettuce
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 medium onion

- ☐ 1 teaspoon oregano dried
- ☐ 2 pickled pepperoncini peppers
- ☐ 0.3 pound deli- provolone cheese
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 0.3 pound deli- genoa salami
- ☐ 8 hoagie rolls for dipping cut into pieces,
- ☐ 1 large tomatoes halved seeded

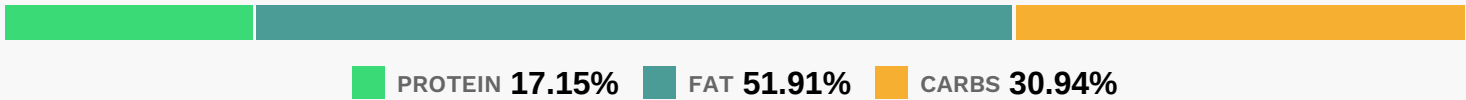
Equipment

- ☐ bowl

Directions

- ☐ Chop the onion, pepperoncini, lettuce and tomato into bite-size pieces. Dice the meats and cheese.
- ☐ Combine the chopped vegetables, meats and cheese in a large bowl.
- ☐ Add the mayonnaise, olive oil, oregano, basil and red pepper flakes and stir until everything is all mixed up and tasty. Refrigerate until ready to serve.
- ☐ Carve out the center of the bread loaf to make a bowl (don't cut through the bottom) and cut the scraps into bite-size pieces.
- ☐ Serve the hoagie dip in the bread bowl, with the extra bread and hoagie rolls to scoop it up. Yummers!
- ☐ Photograph by Rick Lew

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:23.86, Inflammation Score:-6, Nutrition Score:13.933478106623%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 506.13kcal (25.31%), Fat: 29.09g (44.76%), Saturated Fat: 8.35g (52.2%), Carbohydrates: 39.02g (13.01%), Net Carbohydrates: 36.65g (13.33%), Sugar: 7.62g (8.47%), Cholesterol: 48.97mg (16.32%), Sodium: 1328.72mg (57.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.63g (43.26%), Iron: 11.93mg (66.27%), Vitamin K: 39.23µg (37.36%), Vitamin B1: 0.34mg (22.8%), Phosphorus: 218.49mg (21.85%), Selenium: 12.55µg (17.93%), Calcium: 140.33mg (14.03%), Vitamin B12: 0.8µg (13.37%), Zinc: 2mg (13.34%), Vitamin B6: 0.26mg (13.07%), Vitamin B3: 2.47mg (12.38%), Vitamin B2: 0.18mg (10.73%), Vitamin A: 525.41IU (10.51%), Fiber: 2.37g (9.48%), Potassium: 330.18mg (9.43%), Vitamin C: 7.15mg (8.67%), Vitamin E: 1.14mg (7.59%), Manganese: 0.14mg (6.82%), Magnesium: 25.74mg (6.44%), Copper: 0.12mg (6.18%), Folate: 22.96µg (5.74%), Vitamin B5: 0.45mg (4.5%), Vitamin D: 0.3µg (1.98%)