



## Meat-Lover's Hero

READY IN



45 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 small bell pepper green thinly sliced into rings
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup mustard prepared
- ☐ 1 medium onion halved thinly sliced into half rings
- ☐ 6 ounces pastrami thinly sliced
- ☐ 10 pepperoncini peppers trimmed sliced
- ☐ 6 ounces provolone cheese thinly sliced
- ☐ 0.3 cup commercial dressing italian
- ☐ 6 ounces ham smoked thinly sliced

☐ 8 ounce submarine rolls split

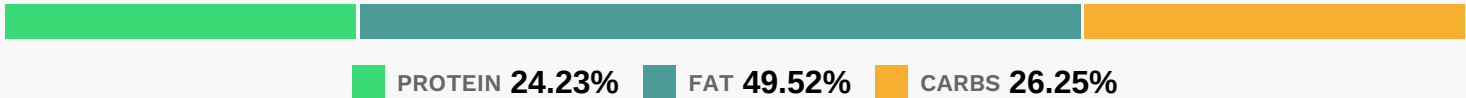
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Combine Italian dressing, onion, and green pepper in a small saucepan; bring to a boil. Reduce heat, and simmer, uncovered, until onion is tender. Set aside to cool.
- ☐ Scoop out bottom half of each roll, leaving a 1/2-inch shell. Discard excess bread.
- ☐ Spread mustard evenly in bottoms of rolls. Top with pastrami, onion mixture, cheese, pepperoncini peppers, and ham.
- ☐ Spread mayonnaise evenly on cut sides of top halves of rolls; place on top of the bottom halves of rolls. Wrap each roll in aluminum foil, and place on a baking sheet.
- ☐ Bake at 375 for 15 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:72.25, Glycemic Load:19.75, Inflammation Score:-6, Nutrition Score:19.6099999931377%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 531.5kcal (26.57%), Fat: 29.36g (45.17%), Saturated Fat: 9.94g (62.1%), Carbohydrates: 35.02g (11.67%), Net Carbohydrates: 31.87g (11.59%), Sugar: 7.72g (8.58%), Cholesterol: 75.62mg (25.21%), Sodium: 1899.33mg

(82.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.32g (64.64%), Vitamin C: 52.42mg (63.54%), Iron: 11.01mg (61.18%), Phosphorus: 415.41mg (41.54%), Calcium: 359.17mg (35.92%), Vitamin K: 36.07µg (34.35%), Zinc: 4.22mg (28.13%), Selenium: 16.71µg (23.87%), Vitamin B12: 1.39µg (23.1%), Vitamin B6: 0.29mg (14.63%), Vitamin B2: 0.25mg (14.58%), Vitamin B3: 2.76mg (13.79%), Potassium: 444.61mg (12.7%), Fiber: 3.15g (12.61%), Magnesium: 49.94mg (12.48%), Vitamin A: 553.65IU (11.07%), Copper: 0.21mg (10.51%), Vitamin B1: 0.13mg (8.38%), Manganese: 0.16mg (8.16%), Vitamin E: 1.18mg (7.86%), Folate: 23.34µg (5.84%), Vitamin B5: 0.52mg (5.19%), Vitamin D: 0.24µg (1.6%)