



Mediterranean Sandwich

READY IN



14 min.

SERVINGS



10

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces meat from a rotisserie chicken cooked sliced
- ☐ 3 teaspoons basil leaves fresh loosely packed chopped
- ☐ 2 ounces mozzarella cheese fresh
- ☐ 1 tablespoon mayonnaise dressing with olive oil or hellmann's® or best foods® real mayonnaise best foods®
- ☐ 0.3 cup grilled mushrooms sliced
- ☐ 2 tablespoons wish-bone® olive oil vinaigrette dressing
- ☐ 1 slice onion red
- ☐ 1 hoagie roll halved lengthwise

☐ 0.3 medium bell pepper yellow sliced

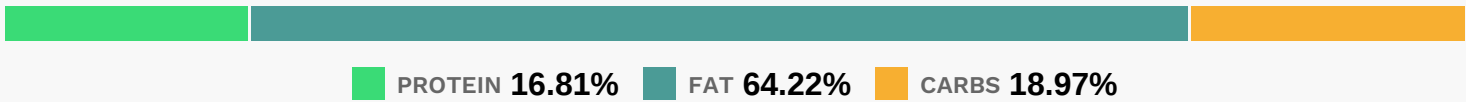
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven 35
- ☐ Combine Hellmann's or Best Foods Mayonnaise Dressing with Olive Oil, Dressing and basil in small bowl; evenly spread on roll.
- ☐ Layer roll with remaining ingredients. Wrap in aluminum foil and bake 4 minutes or until cheese melts slightly.
- ☐ Also terrific with Hellmann's or Best Foods Real Mayonnaise.
- ☐ Cost per recipe*: \$03
- ☐ Cost per serving*: \$03
- ☐ *Based on average retail prices at national supermarkets.

Nutrition Facts



Properties

Glycemic Index:27.9, Glycemic Load:2.39, Inflammation Score:-1, Nutrition Score:2.1769565194845%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 80.15kcal (4.01%), Fat: 5.73g (8.81%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 3.62g (1.32%), Sugar: 0.62g (0.69%), Cholesterol: 9.32mg (3.11%), Sodium: 78.28mg (3.4%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.75%), Vitamin C: 5.64mg (6.83%), Iron: 1.21mg (6.73%), Vitamin K: 4.23µg (4.03%), Selenium: 2.7µg (3.86%), Phosphorus: 35.14mg (3.51%), Calcium: 30.89mg (3.09%), Vitamin E: 0.46mg (3.07%), Vitamin B3: 0.6mg (2.98%), Vitamin B12: 0.15µg (2.48%), Vitamin B2: 0.04mg (2.27%), Zinc: 0.28mg (1.85%), Vitamin B6: 0.04mg (1.78%), Vitamin B5: 0.12mg (1.2%), Potassium: 36.22mg (1.03%)