



Mortadella Monster

READY IN



10 min.

SERVINGS



4

CALORIES



398 kcal

Ingredients

- 6 leaves boston lettuce
- 0.3 cup honey
- 1 long soft (6 inches)
- 6 slices mortadella thin
- 6 slices muenster cheese
- 1 cup mustard
- 1 tablespoon jalapeño peppers minced
- 0.5 cup roasted pepper strips red homemade store-bought (or)

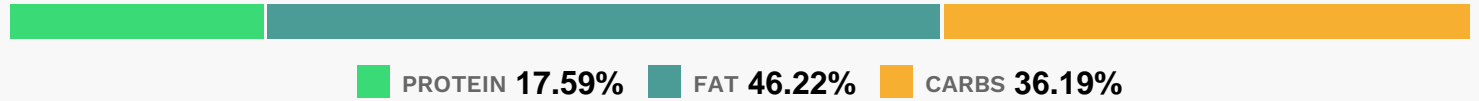
Equipment

bowl

Directions

- Watch how to make this recipe.
- Slice the roll in half horizontally.
- Spread the Jalapeno Honey Mustard on the lid only.
- Layer on the mortadella, muenster, peppers and lettuce. Close the lid and slice into halves or quarters, depending on who's hungry.
- In a small bowl, combine the mustard, honey and jalapenos. Use right away or store for up to a week in the fridge.

Nutrition Facts



Properties

Glycemic Index:53.07, Glycemic Load:18.4, Inflammation Score:-8, Nutrition Score:15.150000064269%

Flavonoids

Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 398.45kcal (19.92%), Fat: 21.09g (32.45%), Saturated Fat: 10.34g (64.6%), Carbohydrates: 37.17g (12.39%), Net Carbohydrates: 33.64g (12.23%), Sugar: 25.9g (28.77%), Cholesterol: 52.92mg (17.64%), Sodium: 1586.49mg (68.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.06g (36.13%), Selenium: 32.76µg (46.81%), Calcium: 363.33mg (36.33%), Phosphorus: 298.12mg (29.81%), Vitamin A: 1347.94IU (26.96%), Iron: 4.72mg (26.25%), Vitamin K: 25.68µg (24.46%), Manganese: 0.36mg (18.17%), Vitamin B12: 0.95µg (15.84%), Zinc: 2.2mg (14.66%), Vitamin B2: 0.24mg (14.16%), Fiber: 3.52g (14.09%), Magnesium: 49.49mg (12.37%), Vitamin C: 9.61mg (11.65%), Vitamin B1: 0.17mg (11.21%), Potassium: 284.95mg (8.14%), Vitamin B6: 0.16mg (7.84%), Folate: 30.21µg (7.55%), Vitamin B3: 1.21mg (6.07%), Copper: 0.11mg (5.64%), Vitamin B5: 0.44mg (4.36%), Vitamin D: 0.48µg (3.18%), Vitamin E: 0.43mg (2.9%)