



## Picnic Deli Sandwich

READY IN



45 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 12 bell pepper rings green seeds removed thin
- ☐ 0.5 cup cucumber finely chopped
- ☐ 2 tablespoons green onion thinly sliced
- ☐ 3 onion red separated thin
- ☐ 0.5 cup salad dressing vinaigrette-style homemade
- ☐ 12 pieces thin- salami ( 3 oz. total)
- ☐ 1 loaf sourdough bread (1 lb.;
- ☐ 3 ounces thin- swiss cheese
- ☐ 0.5 cup tomatoes finely chopped

☐ 6 ounces thin- turkey breast cooked

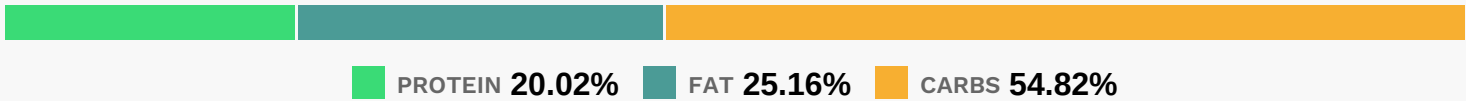
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ serrated knife

Directions

- ☐ With a serrated knife, horizontally slice 1 inch off the top of the loaf. Pull soft center from bottom half of loaf, making a shell with 1/2-inch-thick walls. Reserve soft bread for other uses.
- ☐ In a bowl, mix vinaigrette dressing, cucumber, tomato, and chives.
- ☐ Brush or spoon about half the dressing evenly over interior of the hollowed shell. Also spoon enough dressing on cut side of loaf top to moisten.
- ☐ Layer cheese, bell pepper, turkey, salami, and onion in shell.
- ☐ Drizzle remaining dressing over filling. Set bread top over filling. Wrap sandwich in foil or plastic wrap and refrigerate at least 3 hours or up to 1 day.
- ☐ Unwrap; cut into equal portions.

Nutrition Facts



Properties

Glycemic Index:42.92, Glycemic Load:32.29, Inflammation Score:-9, Nutrition Score:28.203043458254%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 11.22mg, Luteolin: 11.22mg, Luteolin: 11.22mg, Luteolin: 11.22mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.71mg, Quercetin: 16.71mg, Quercetin: 16.71mg, Quercetin: 16.71mg

Nutrients (% of daily need)

Calories: 418.64kcal (20.93%), Fat: 12g (18.47%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 58.84g (19.61%),  
Net Carbohydrates: 51.92g (18.88%), Sugar: 14.19g (15.76%), Cholesterol: 30.07mg (10.02%), Sodium: 789.3mg  
(34.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.48g (42.97%), Vitamin C: 197.93mg (239.92%),  
Vitamin B1: 0.74mg (49.3%), Selenium: 33.49µg (47.85%), Vitamin B6: 0.95mg (47.49%), Manganese: 0.79mg  
(39.63%), Vitamin B3: 7.89mg (39.47%), Folate: 135.11µg (33.78%), Vitamin K: 35.44µg (33.76%), Phosphorus:  
304.66mg (30.47%), Vitamin B2: 0.5mg (29.49%), Fiber: 6.92g (27.68%), Iron: 4.21mg (23.4%), Vitamin A: 1143.42IU  
(22.87%), Calcium: 212.87mg (21.29%), Potassium: 737.84mg (21.08%), Magnesium: 69.74mg (17.44%), Copper:  
0.34mg (16.92%), Zinc: 2.32mg (15.48%), Vitamin E: 1.66mg (11.08%), Vitamin B12: 0.66µg (11.04%), Vitamin B5:  
0.9mg (8.96%)