



## Rancho Dagwood 1998

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup green onions thinly sliced
- ☐ 0.8 pound pd of ground turkey 7% lean ( fat)
- ☐ 0.3 pound mushrooms sliced
- ☐ 2.3 oz olives ripe drained sliced canned
- ☐ 0.5 teaspoon oregano dried
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 1 cup pizza sauce
- ☐ 6 pieces provolone cheese sliced thin (each 4 in. wide;)
- ☐ 6 servings salt and pepper

☐ 1 lb sourdough bread french

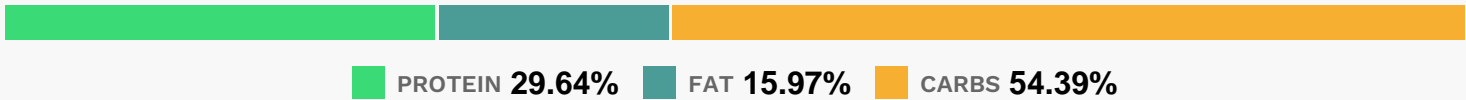
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Split loaf in half horizontally. Scoop out soft centers, making top and bottom bread shells about 1/2 inch thick. Reserve centers for another use. Set bread shells, cupped side up, on a 12- by 15-inch baking sheet.
- ☐ Bake in a 400 oven until bread is toasted, about 8 minutes.
- ☐ Line bread shell cavities with mozzarella, overlapping slices as needed, and draping onto the rim of the bread.
- ☐ In a 10- to 12-inch nonstick frying pan over high heat, frequently stir meat, mushrooms, and oregano until meat is browned and crumbly, 7 to 8 minutes.
- ☐ Add half the marinara sauce, half the olives, 3/4 cup onions, and salt and pepper to taste.
- ☐ Fill bread shells equally with meat mixture. Top meat filling with remaining marinara sauce, olives, and onions.
- ☐ Sprinkle with parmesan.
- ☐ Bake in a 400 oven until hot throughout, 10 to 15 minutes.
- ☐ Cut crosswise into 2- to 3-inch sections.

## Nutrition Facts



## Properties

Glycemic Index:36.92, Glycemic Load:31.34, Inflammation Score:-7, Nutrition Score:20.505652132242%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 318.31kcal (15.92%), Fat: 5.75g (8.85%), Saturated Fat: 1.48g (9.28%), Carbohydrates: 44.1g (14.7%), Net Carbohydrates: 40.78g (14.83%), Sugar: 5.78g (6.42%), Cholesterol: 34.05mg (11.35%), Sodium: 1091.88mg (47.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.03g (48.06%), Selenium: 37.38µg (53.4%), Vitamin B3: 10.36mg (51.8%), Vitamin B1: 0.61mg (40.64%), Vitamin K: 37.42µg (35.64%), Vitamin B6: 0.64mg (32.22%), Vitamin B2: 0.51mg (30.1%), Folate: 116.04µg (29.01%), Phosphorus: 263.01mg (26.3%), Manganese: 0.49mg (24.49%), Iron: 4.26mg (23.65%), Zinc: 2.19mg (14.58%), Copper: 0.28mg (14.2%), Potassium: 495.67mg (14.16%), Magnesium: 54.57mg (13.64%), Fiber: 3.32g (13.28%), Vitamin B5: 1.19mg (11.9%), Calcium: 97.27mg (9.73%), Vitamin E: 1.33mg (8.87%), Vitamin A: 432.19IU (8.64%), Vitamin C: 6.39mg (7.75%), Vitamin B12: 0.35µg (5.75%), Vitamin D: 0.28µg (1.88%)