



Roasted Pepper Antipasto Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

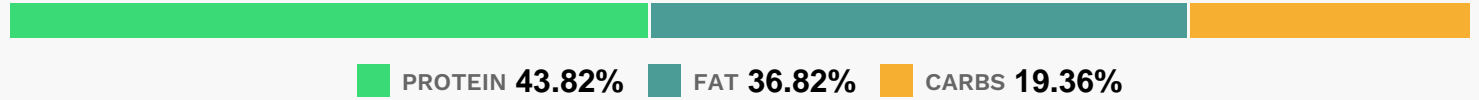
- 0.5 cup arugula
- 1 piece bread baguette split french (5 inch)
- 1 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 1 provolone cheese kraft
- 5 slices oscar mayer natural slow roasted roast beef
- 0.3 cup roasted pepper strips red

Equipment

Directions

- Spread mayo onto cut sides of bread.
- Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:23.53, Glycemic Load:1.46, Inflammation Score:-2, Nutrition Score:5.1404348145361%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 70.71kcal (3.54%), Fat: 2.9g (4.46%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 3.09g (1.12%), Sugar: 0.48g (0.54%), Cholesterol: 19.03mg (6.34%), Sodium: 595.04mg (25.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.77g (15.53%), Vitamin C: 16.17mg (19.6%), Vitamin B3: 2.44mg (12.22%), Calcium: 120.37mg (12.04%), Vitamin B12: 0.53µg (8.86%), Phosphorus: 82.97mg (8.3%), Zinc: 1.22mg (8.1%), Vitamin B6: 0.14mg (6.75%), Selenium: 4.14µg (5.91%), Iron: 0.9mg (4.99%), Manganese: 0.09mg (4.51%), Vitamin K: 4.04µg (3.85%), Vitamin B2: 0.06mg (3.8%), Potassium: 110.01mg (3.14%), Magnesium: 11.01mg (2.75%), Folate: 10.86µg (2.71%), Vitamin B1: 0.04mg (2.61%), Vitamin A: 119.37IU (2.39%), Copper: 0.04mg (2%), Vitamin B5: 0.16mg (1.61%), Fiber: 0.34g (1.36%)