



Roasted Vegetable Sub

 Vegetarian

READY IN



40 min.

SERVINGS



40

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb baguette
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 6 singles kraft
- 0.3 cup real mayo mayonnaise kraft
- 0.5 lb mushrooms quartered
- 1 onion cut into 1-inch chunks
- 2 pasilla peppers red cut into 1-inch pieces
- 2 zucchini cut into 1/4-inch-thick slices

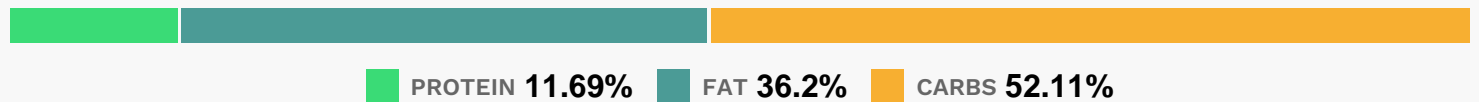
Equipment

- frying pan
- oven

Directions

- Heat oven to 450F. Toss vegetables with dressing; spread into 15x10x1-inch pan.
- Bake 25 min. or until vegetables are crisp-tender, stirring after 15 min.
- Meanwhile, hollow out bread halves, leaving 1-inch-thick shells.
- Spread inside of bottom bread shell with mayo.
- Spoon vegetables into bottom half of bread; cover with Singles and top of bread.
- Cut into 6 pieces.

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:3.95, Inflammation Score:-3, Nutrition Score:3.011304328947%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 51.37kcal (2.57%), Fat: 2.09g (3.21%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 6.2g (2.25%), Sugar: 1.43g (1.59%), Cholesterol: 0.81mg (0.27%), Sodium: 99.88mg (4.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Vitamin C: 9.7mg (11.76%), Vitamin B1: 0.08mg (5.33%), Folate: 18.8µg (4.7%), Vitamin K: 4.93µg (4.69%), Vitamin B2: 0.08mg (4.41%), Vitamin A: 210.94IU (4.22%), Manganese: 0.08mg (4.17%), Vitamin B3: 0.83mg (4.14%), Selenium: 2.59µg (3.7%), Vitamin B6: 0.06mg (2.77%), Iron: 0.5mg (2.75%), Phosphorus: 23.71mg (2.37%), Fiber: 0.56g (2.26%), Potassium: 76.2mg (2.18%), Copper: 0.04mg (1.98%), Vitamin B5: 0.17mg (1.73%), Calcium: 16.1mg (1.61%), Magnesium: 6.3mg (1.58%), Vitamin E: 0.23mg (1.55%), Zinc: 0.18mg (1.18%)