



Salami and Swiss Hoagies

READY IN



10 min.

SERVINGS



4

CALORIES



501 kcal

Ingredients

- ☐ 2 cups lettuce shredded
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 small onion red thinly sliced
- ☐ 1 teaspoon red wine vinegar
- ☐ 4 ounces genoa salami hard thinly sliced
- ☐ 4 servings salt and pepper
- ☐ 4 sandwich rolls italian
- ☐ 4 ounces swiss cheese thinly sliced

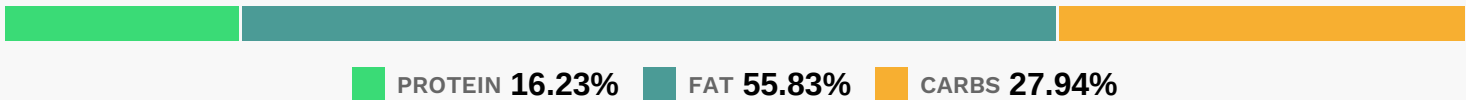
Equipment

- ☐ bowl
- ☐ toothpicks

Directions

- ☐ Slice rolls lengthwise without cutting all the way through.
- ☐ Spread both sides of each roll with 1 Tbsp. mayonnaise.
- ☐ Toss lettuce and onion with olive oil, vinegar and oregano in a large bowl.
- ☐ Layer one side of rolls, alternating 1/4 each of salami and cheese slices. Top with dressed lettuce and onion. Season with salt and pepper. Fold sandwiches closed and secure with toothpicks.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.73, Inflammation Score:-7, Nutrition Score:17.308695751688%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 501.11kcal (25.06%), Fat: 30.99g (47.68%), Saturated Fat: 10.34g (64.66%), Carbohydrates: 34.89g (11.63%), Net Carbohydrates: 32.71g (11.89%), Sugar: 2.82g (3.13%), Cholesterol: 51mg (17%), Sodium: 1317.31mg (57.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.27g (40.54%), Selenium: 38.51µg (55.02%), Vitamin B1: 0.56mg (37.49%), Calcium: 328.88mg (32.89%), Phosphorus: 298.77mg (29.88%), Vitamin B12: 1.65µg (27.5%), Vitamin K: 24.31µg (23.15%), Vitamin B2: 0.39mg (22.72%), Vitamin B3: 4.11mg (20.53%), Zinc: 3.07mg (20.45%), Manganese: 0.37mg (18.66%), Folate: 72.07µg (18.02%), Iron: 2.7mg (15.01%), Vitamin E: 1.88mg (12.55%), Vitamin B6: 0.23mg (11.64%), Magnesium: 36.56mg (9.14%), Fiber: 2.19g (8.76%), Vitamin A: 434.6IU (8.69%), Copper: 0.17mg (8.6%), Potassium: 270.92mg (7.74%), Vitamin B5: 0.72mg (7.18%), Vitamin C: 2.04mg (2.48%)