



Salami Italiano

READY IN



5 min.

SERVINGS



5

CALORIES



122 kcal

SIDE DISH

Ingredients

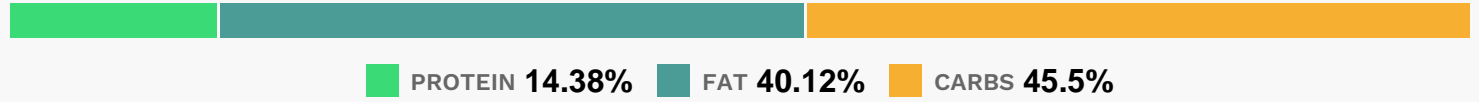
- 5 servings bell pepper strips green red thinly sliced
- 0.3 tsp penzey's southwest seasoning dried italian
- 1 Tbsp real mayo mayonnaise kraft
- 5 servings onion thinly sliced
- 1 provolone cheese kraft
- 3 slices oscar mayer salami hard
- 1 sandwich roll split

Equipment

Directions

- Spread cut surfaces of sandwich roll with mayo; sprinkle with Italian seasoning.
- Fill roll with salami, cheese, onion and bell pepper.

Nutrition Facts



Properties

Glycemic Index:29.4, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:8.424782552149%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg

Nutrients (% of daily need)

Calories: 121.62kcal (6.08%), Fat: 5.55g (8.53%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 11.9g (4.33%), Sugar: 4g (4.45%), Cholesterol: 8.05mg (2.68%), Sodium: 233.22mg (10.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Vitamin C: 51.91mg (62.92%), Vitamin B6: 0.24mg (11.85%), Vitamin B1: 0.17mg (11.01%), Manganese: 0.2mg (10.24%), Selenium: 6.72µg (9.6%), Vitamin K: 9.83µg (9.37%), Fiber: 2.25g (8.99%), Phosphorus: 71.18mg (7.12%), Folate: 28.07µg (7.02%), Potassium: 224.08mg (6.4%), Calcium: 60.52mg (6.05%), Vitamin B2: 0.1mg (5.93%), Vitamin B3: 1.15mg (5.73%), Vitamin A: 258.01IU (5.16%), Iron: 0.82mg (4.56%), Copper: 0.09mg (4.5%), Magnesium: 17.05mg (4.26%), Zinc: 0.63mg (4.23%), Vitamin B12: 0.21µg (3.5%), Vitamin E: 0.39mg (2.63%), Vitamin B5: 0.25mg (2.54%)