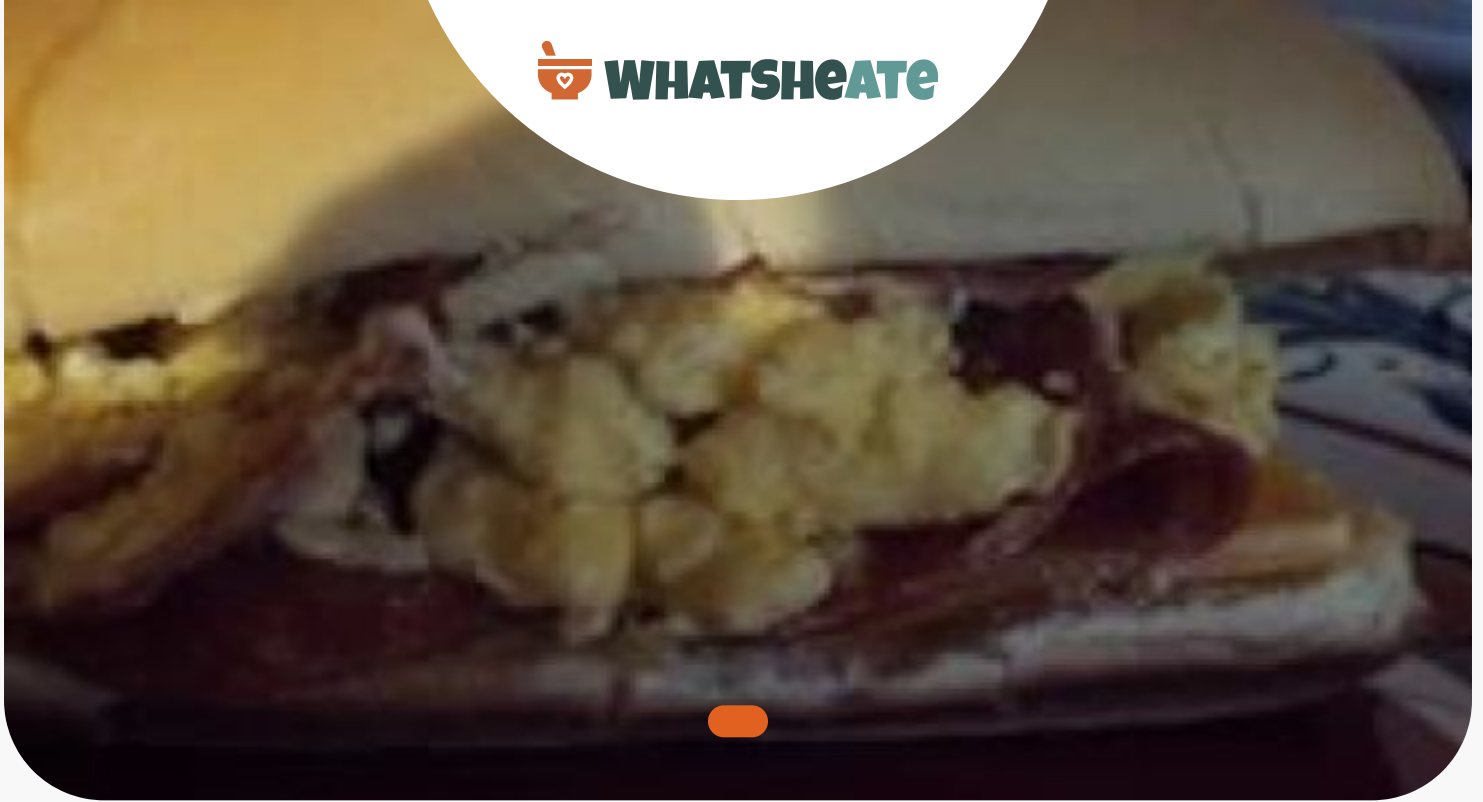




Scrambled Egg and Pepperoni Submarine Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



767 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slice processed cheese food
- ☐ 2 tablespoons butter softened
- ☐ 3 eggs beaten
- ☐ 1 clove garlic minced
- ☐ 12 slices pepperoni sausage
- ☐ 1 pinch salt
- ☐ 1 submarine sandwich roll split

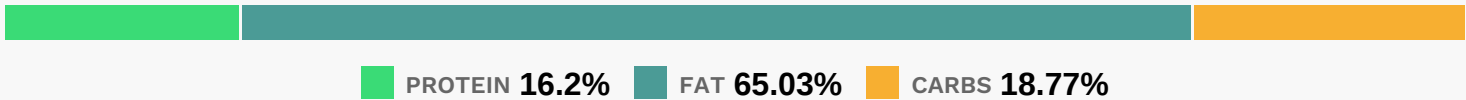
Equipment

☐ frying pan

Directions

- ☐ Heat a large skillet over medium heat.
- ☐ Spread 1 tablespoon of the butter or margarine onto the cut sides of the submarine sandwich roll.
- ☐ Place the roll buttered surfaces down into the heated skillet. Cook until lightly toasted.
- ☐ Remove the roll from the skillet, and place the cheese onto one of the toasted surfaces. Set aside.
- ☐ Melt the remaining butter in the hot skillet.
- ☐ Add garlic and pepperoni; cook and stir until soft. Stir in the beaten eggs; cook and stir with the pepperoni until firm and scrambled.
- ☐ Spread the egg mixture over the cheese on the roll, and top with the other half of the roll to serve.

Nutrition Facts



Properties

Glycemic Index:158, Glycemic Load:23.53, Inflammation Score:-7, Nutrition Score:22.202174031216%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 766.66kcal (38.33%), Fat: 55.1g (84.76%), Saturated Fat: 16.85g (105.31%), Carbohydrates: 35.77g (11.92%), Net Carbohydrates: 34.65g (12.6%), Sugar: 5.32g (5.92%), Cholesterol: 535.32mg (178.44%), Sodium: 1513.38mg (65.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.77%), Iron: 13.46mg (74.79%), Selenium: 52.15µg (74.5%), Phosphorus: 444.92mg (44.49%), Vitamin B2: 0.73mg (42.81%), Vitamin A: 1913.08IU (38.26%), Calcium: 318.17mg (31.82%), Vitamin B12: 1.83µg (30.5%), Vitamin B5: 2.43mg (24.34%), Vitamin D: 3.08µg (20.52%),

Zinc: 2.85mg (18.97%), Vitamin B6: 0.36mg (18.12%), Vitamin E: 2.67mg (17.81%), Folate: 65.29µg (16.32%),
Manganese: 0.24mg (11.93%), Vitamin B1: 0.13mg (8.65%), Potassium: 299.44mg (8.56%), Magnesium: 27.21mg
(6.8%), Copper: 0.14mg (6.78%), Vitamin B3: 1.34mg (6.7%), Fiber: 1.13g (4.51%), Vitamin K: 2.38µg (2.27%), Vitamin
C: 0.99mg (1.2%)