



Sea Monster Sandwich

READY IN



55 min.

SERVINGS



6

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 oz finely-chopped ham cooked thinly sliced
- ☐ 11 oz bread refrigerated french pillsbury® canned
- ☐ 1 leaves lettuce
- ☐ 2.3 oz mozzarella cheese cut in half
- ☐ 2 small pimienta stuffed olives
- ☐ 7.3 oz roasted peppers red
- ☐ 2 tablespoons salad dressing

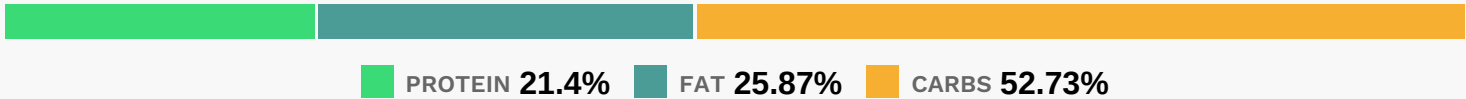
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ toothpicks
- ☐ aluminum foil
- ☐ kitchen scissors

Directions

- ☐ Heat oven to 350°F. Grease large cookie sheet.
- ☐ Place dough seam side down on cookie sheet; form into "S" shape. With kitchen scissors, cut 1-inch deep, v-shaped notches to cover entire top and side surfaces of dough to resemble scales on reptile.
- ☐ Cut 1-inch deep horizontal cut on 1 end of dough to resemble mouth. Crumble small piece of foil to form 1-inch ball. Grease foil and place in mouth opening to hold open during baking.
- ☐ Bake 26 to 30 minutes or until golden brown. Cool at least 15 minutes.
- ☐ Cut bread in half horizontally.
- ☐ Spread cut sides with mayonnaise.
- ☐ Layer lettuce, ham and cheese between halves.
- ☐ Add olives for eyes; secure with toothpicks.
- ☐ Cut 1 roasted pepper piece to resemble flames. Insert into mouth of sea monster. To serve, cut crosswise into 6 pieces.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:20.86, Inflammation Score:-5, Nutrition Score:11.390869603209%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 220.91kcal (11.05%), Fat: 6.37g (9.8%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 27.58g (10.03%), Sugar: 3.05g (3.39%), Cholesterol: 22.2mg (7.4%), Sodium: 1134.07mg (49.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.85g (23.7%), Vitamin B1: 0.48mg (32.18%), Selenium: 20.62µg (29.46%), Vitamin C: 20.39mg (24.71%), Vitamin B2: 0.31mg (18.1%), Folate: 71.15µg (17.79%), Manganese: 0.34mg (17.12%), Vitamin B3: 3.39mg (16.94%), Phosphorus: 155.26mg (15.53%), Iron: 2.54mg (14.1%), Calcium: 97.43mg (9.74%), Zinc: 1.34mg (8.93%), Vitamin B6: 0.17mg (8.64%), Vitamin B12: 0.51µg (8.48%), Copper: 0.15mg (7.45%), Magnesium: 26.97mg (6.74%), Fiber: 1.61g (6.46%), Vitamin A: 263.61IU (5.27%), Potassium: 178.37mg (5.1%), Vitamin B5: 0.37mg (3.68%), Vitamin K: 3.56µg (3.39%), Vitamin E: 0.28mg (1.9%)