



Stromboli Hero

READY IN



15 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 flour (8 or 9 inches in diameter)
- 0.3 cup salad dressing italian
- 4 leaves lettuce
- 0.3 pound provolone cheese sliced
- 0.3 pound finely-chopped ham fully cooked sliced
- 0.3 pound genoa salami sliced
- 8 pepperoncini peppers italian drained (bottled peppers)

Equipment

toothpicks

skewers

Directions

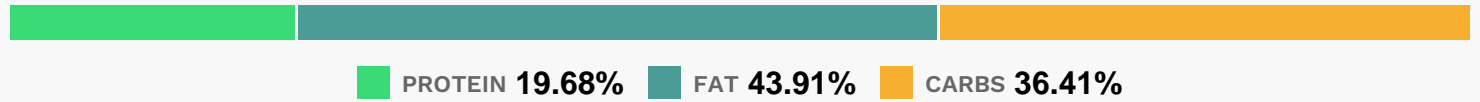
Cut bread horizontally in half.

Drizzle dressing evenly over cut sides of bread.

Layer lettuce, cheese, ham, salami and peppers on bottom half of bread. Top with top half. Secure loaf with toothpicks or small skewers.

Cut into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:12.58, Inflammation Score:-3, Nutrition Score:8.6995651877445%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 371.61kcal (18.58%), Fat: 18.2g (28%), Saturated Fat: 6.1g (38.1%), Carbohydrates: 33.96g (11.32%), Net Carbohydrates: 32.37g (11.77%), Sugar: 2.6g (2.89%), Cholesterol: 41.77mg (13.92%), Sodium: 1237.44mg (53.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.35g (36.71%), Phosphorus: 199.01mg (19.9%), Vitamin B1: 0.29mg (19.63%), Vitamin C: 15.62mg (18.93%), Vitamin B12: 1.07µg (17.86%), Selenium: 11.52µg (16.46%), Calcium: 150.57mg (15.06%), Zinc: 1.87mg (12.49%), Vitamin B6: 0.22mg (11.11%), Vitamin B2: 0.18mg (10.39%), Vitamin B3: 1.94mg (9.72%), Vitamin K: 8.45µg (8.05%), Fiber: 1.59g (6.36%), Potassium: 200.51mg (5.73%), Vitamin B5: 0.5mg (4.95%), Vitamin A: 241.95IU (4.84%), Magnesium: 16.55mg (4.14%), Copper: 0.07mg (3.62%), Iron: 0.61mg (3.41%), Vitamin E: 0.36mg (2.4%), Manganese: 0.05mg (2.35%), Folate: 8.25µg (2.06%)