



## Stromboli Hero

READY IN



15 min.

SERVINGS



6

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

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

## Equipment

toothpicks

skewers

## Directions

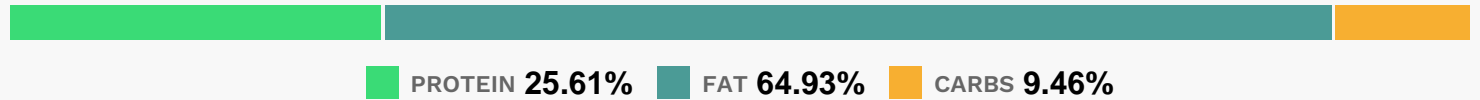
Cut bread horizontally in half.

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:24.28, Glycemic Load:1.41, Inflammation Score:-3, Nutrition Score:9.1265217998753%

## 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: 212.05kcal (10.6%), Fat: 15.19g (23.36%), Saturated Fat: 6.13g (38.31%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 4.28g (1.55%), Sugar: 1.8g (2%), Cholesterol: 41.77mg (13.92%), Sodium: 904.4mg (39.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.48g (26.95%), Vitamin B1: 0.31mg (20.91%), Phosphorus: 205.03mg (20.5%), Vitamin C: 15.63mg (18.94%), Selenium: 12.87µg (18.38%), Vitamin B12: 1.07µg (17.86%), Calcium: 156.41mg (15.64%), Zinc: 1.92mg (12.82%), Vitamin B6: 0.23mg (11.37%), Vitamin B2: 0.19mg (11.08%), Vitamin B3: 2.2mg (11.02%), Vitamin K: 8.68µg (8.27%), Potassium: 207.09mg (5.92%), Vitamin B5: 0.53mg (5.34%), Manganese: 0.1mg (5.13%), Vitamin A: 242.04IU (4.84%), Magnesium: 18.46mg (4.62%), Iron: 0.78mg (4.34%), Copper: 0.08mg (3.97%), Folate: 12.22µg (3.05%), Fiber: 0.7g (2.82%), Vitamin E: 0.37mg (2.46%)