



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

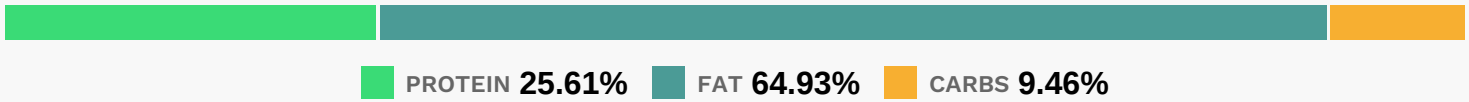
Equipment

- ☐ 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%)