



## Super Party Sandwich

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 lb bread baguette french
- 1 small bell pepper green sliced
- 9 oz oscar mayer deli combos the honey fresh
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 1 cup lettuce shredded
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 8 milk singles 2% kraft
- 1 large tomatoes sliced

# Equipment

## Directions

Mix mayo and dressing until blended; spread onto cut sides of baguette.

Fill with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:21.28, Glycemic Load:29.36, Inflammation Score:-4, Nutrition Score:7.613913051784%

## Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 234.53kcal (11.73%), Fat: 3.66g (5.62%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 47.1g (15.7%), Net Carbohydrates: 45.62g (16.59%), Sugar: 24.72g (27.46%), Cholesterol: 0.96mg (0.32%), Sodium: 380.96mg (16.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.67%), Vitamin B1: 0.34mg (22.53%), Selenium: 13.47µg (19.24%), Folate: 62.12µg (15.53%), Manganese: 0.3mg (14.96%), Vitamin B2: 0.21mg (12.48%), Vitamin B3: 2.38mg (11.89%), Iron: 2.01mg (11.15%), Vitamin C: 8.8mg (10.66%), Vitamin K: 10.34µg (9.84%), Fiber: 1.48g (5.92%), Phosphorus: 58.39mg (5.84%), Copper: 0.1mg (4.89%), Magnesium: 18.76mg (4.69%), Vitamin B6: 0.09mg (4.65%), Vitamin A: 221.98IU (4.44%), Potassium: 140.36mg (4.01%), Zinc: 0.59mg (3.94%), Vitamin E: 0.49mg (3.24%), Calcium: 31.03mg (3.1%), Vitamin B5: 0.2mg (2.05%)