



## Super Sub

READY IN



10 min.

SERVINGS



10

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

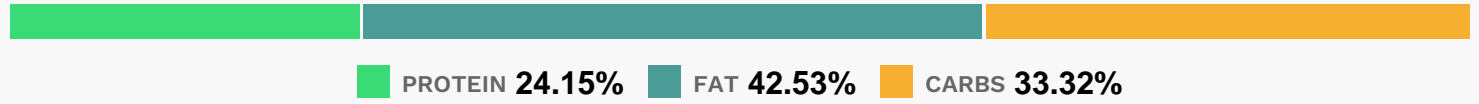
- 6 slices oscar mayer bologna
- 16 oz bread baguette split french
- 2 cups broccoli slaw
- 18 slices oscar mayer deli ham smoked fresh
- 5 singles kraft
- 0.5 cup miracle whip dressing divided
- 2 tomatoes thinly sliced

## Equipment

## Directions

- Mix slaw and 1/3 cup dressing.
- Spread bottom half of baguette with remaining dressing.
- Fill baguette with slaw and remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:9.67, Glycemic Load:11.83, Inflammation Score:-5, Nutrition Score:15.212173959483%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 320.71kcal (16.04%), Fat: 15.12g (23.25%), Saturated Fat: 4.99g (31.2%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 24.29g (8.83%), Sugar: 5.34g (5.93%), Cholesterol: 42.56mg (14.19%), Sodium: 1088.37mg (47.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.31g (38.61%), Selenium: 29.32µg (41.88%), Vitamin B1: 0.55mg (36.64%), Manganese: 0.63mg (31.53%), Vitamin C: 24.66mg (29.89%), Vitamin B3: 5.5mg (27.49%), Phosphorus: 219.83mg (21.98%), Vitamin B6: 0.35mg (17.37%), Vitamin B2: 0.29mg (17.04%), Folate: 60.81µg (15.2%), Zinc: 2.17mg (14.48%), Iron: 2.56mg (14.2%), Potassium: 400.2mg (11.43%), Vitamin B12: 0.63µg (10.47%), Magnesium: 39.39mg (9.85%), Fiber: 2.35g (9.41%), Calcium: 92.14mg (9.21%), Vitamin B5: 0.81mg (8.15%), Copper: 0.14mg (7.12%), Vitamin A: 329.96IU (6.6%), Vitamin K: 4.22µg (4.02%), Vitamin D: 0.49µg (3.25%), Vitamin E: 0.4mg (2.67%)