

## Superstar Sub

READY IN



10 min.

SERVINGS



8

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

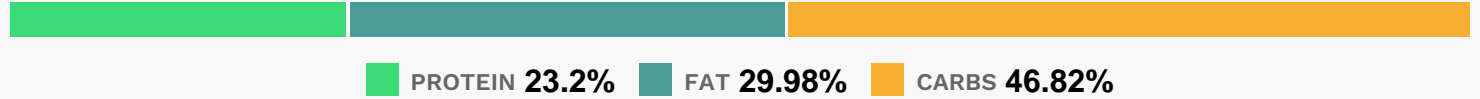
- 2 Tbsp original barbecue sauce kraft
- 1 lb bread baguette split french
- 12 slices cucumber
- 10 slices oscar mayer deli ham smoked fresh
- 10 slices oscar mayer deli turkey breast smoked fresh
- 6 singles kraft
- 0.3 cup miracle whip dressing

## Equipment

## Directions

- Mix dressing and barbecue sauce; spread onto cut sides of bread.
- Fill bread loaf with Singles and layers of half each of the ham, turkey and cucumbers. Repeat layers of ham, turkey and cucumbers.

## Nutrition Facts



## Properties

Glycemic Index:9.21, Glycemic Load:14.49, Inflammation Score:-3, Nutrition Score:11.377391265786%

## Nutrients (% of daily need)

Calories: 267.41kcal (13.37%), Fat: 8.85g (13.61%), Saturated Fat: 2.58g (16.13%), Carbohydrates: 31.08g (10.36%), Net Carbohydrates: 28.49g (10.36%), Sugar: 6.12g (6.8%), Cholesterol: 25.98mg (8.66%), Sodium: 940.28mg (40.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.4g (30.81%), Selenium: 24.34µg (34.77%), Manganese: 0.69mg (34.69%), Vitamin B1: 0.45mg (29.84%), Vitamin B3: 4.76mg (23.8%), Phosphorus: 181.75mg (18.18%), Iron: 2.52mg (14%), Vitamin B2: 0.23mg (13.37%), Folate: 50.8µg (12.7%), Fiber: 2.58g (10.33%), Vitamin B6: 0.2mg (10.22%), Zinc: 1.53mg (10.21%), Magnesium: 34.41mg (8.6%), Calcium: 83.27mg (8.33%), Copper: 0.15mg (7.42%), Potassium: 231.66mg (6.62%), Vitamin B5: 0.66mg (6.57%), Vitamin B12: 0.22µg (3.73%), Vitamin K: 3.61µg (3.44%), Vitamin E: 0.27mg (1.81%), Vitamin D: 0.25µg (1.63%)