



## The Neighborhood Club Sub

READY IN



5 min.

SERVINGS



5

CALORIES



1062 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 9 slices oscar mayer bacon fully cooked
- 9 oz oscar mayer deli ham smoked fresh
- 9 oz oscar mayer deli turkey breast smoked fresh
- 1 lb bread split italian
- 6 singles kraft
- 8 pieces lettuce
- 0.7 cup real mayo mayonnaise kraft
- 1 large tomatoes sliced

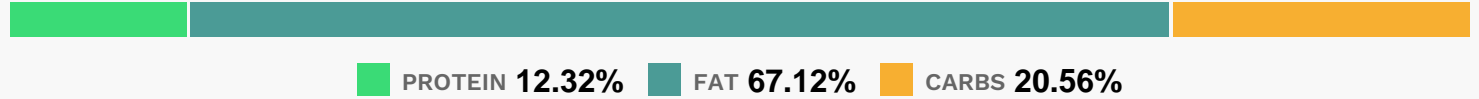
# Equipment

## Directions

Spread cut sides of bread with mayo.

Fill with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:0.97, Inflammation Score:-7, Nutrition Score:19.355652363404%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

## Nutrients (% of daily need)

Calories: 1062.4kcal (53.12%), Fat: 79.21g (121.86%), Saturated Fat: 29.37g (183.55%), Carbohydrates: 54.59g (18.2%), Net Carbohydrates: 49.88g (18.14%), Sugar: 31.9g (35.45%), Cholesterol: 86.84mg (28.95%), Sodium: 2028.87mg (88.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.71g (65.41%), Vitamin K: 73.54µg (70.04%), Vitamin B3: 8.28mg (41.4%), Vitamin B1: 0.6mg (39.79%), Phosphorus: 362.5mg (36.25%), Selenium: 20.32µg (29.03%), Folate: 92.08µg (23.02%), Potassium: 749.49mg (21.41%), Iron: 3.61mg (20.07%), Fiber: 4.71g (18.83%), Vitamin B6: 0.37mg (18.45%), Zinc: 2.54mg (16.97%), Vitamin A: 821.09IU (16.42%), Vitamin B2: 0.27mg (15.6%), Magnesium: 54.33mg (13.58%), Copper: 0.24mg (11.83%), Vitamin E: 1.69mg (11.3%), Vitamin B12: 0.56µg (9.34%), Vitamin C: 7.54mg (9.14%), Manganese: 0.17mg (8.45%), Vitamin B5: 0.62mg (6.2%), Calcium: 42.15mg (4.22%), Vitamin D: 0.58µg (3.84%)