



Turkey, Ham & Sun-Dried Tomato Sub

 Vegetarian

READY IN



10 min.

SERVINGS



8

CALORIES



345 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

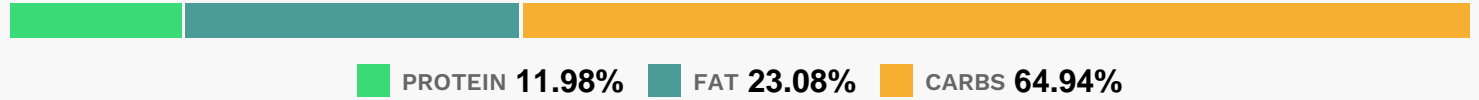
- 16 oz bread baguette split french
- 9 oz oscar mayer deli combos the honey fresh
- 4 large leaf lettuce leaves
- 3 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 6 provolone cheese kraft
- 0.5 cup classico sun-dried tomato pesto sauce and spread
- 2 tomatoes thinly sliced

Equipment

Directions

- Spread bottom half of bread loaf with pesto; spread top half of loaf with mayo.
- Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:21.99, Glycemic Load:28.57, Inflammation Score:-5, Nutrition Score:11.096521904935%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 345.39kcal (17.27%), Fat: 9.07g (13.96%), Saturated Fat: 3.39g (21.21%), Carbohydrates: 57.46g (19.15%), Net Carbohydrates: 54.26g (19.73%), Sugar: 31.75g (35.28%), Cholesterol: 11.91mg (3.97%), Sodium: 560.6mg (24.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.6g (21.2%), Manganese: 0.74mg (36.99%), Selenium: 18.79µg (26.84%), Calcium: 199.09mg (19.91%), Vitamin B3: 3.42mg (17.08%), Vitamin B1: 0.25mg (16.54%), Phosphorus: 153.41mg (15.34%), Iron: 2.52mg (14.02%), Folate: 55.27µg (13.82%), Fiber: 3.2g (12.81%), Vitamin B2: 0.21mg (12.18%), Vitamin A: 523.35IU (10.47%), Vitamin K: 8.34µg (7.94%), Magnesium: 31.43mg (7.86%), Zinc: 1.18mg (7.85%), Vitamin C: 5.16mg (6.26%), Copper: 0.12mg (5.91%), Vitamin B5: 0.58mg (5.85%), Potassium: 191.67mg (5.48%), Vitamin B6: 0.11mg (5.31%), Vitamin B12: 0.21µg (3.47%), Vitamin E: 0.42mg (2.82%)