

Ultimate Hoagie Dip

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



431 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 pound processed cheese food cut into pieces
- ☐ 0.5 pound un bologna cut into pieces
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 pound ham chopped
- ☐ 1 cup lettuce shredded
- ☐ 0.8 cup mayonnaise
- ☐ 1 tablespoon oregano dried
- ☐ 0.3 pound pepperoni chopped

- ☐ 1 kosher pickle chopped
- ☐ 0.3 pound provolone cheese cut into pieces
- ☐ 0.3 pound genoa salami chopped
- ☐ 1 tomatoes chopped

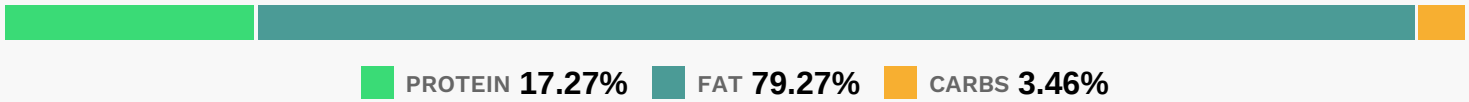
Equipment

- ☐ bowl

Directions

- ☐ Combine the bologna, ham, salami, pepperoni, American cheese, and provolone cheese in a bowl. Stir in the mayonnaise, garlic powder, and oregano.
- ☐ Sprinkle the pickle, lettuce, and tomato on top.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:12.486086845398%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 430.7kcal (21.54%), Fat: 37.73g (58.04%), Saturated Fat: 12.79g (79.95%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 3.16g (1.15%), Sugar: 1.99g (2.22%), Cholesterol: 73.85mg (24.62%), Sodium: 1355.15mg (58.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.5g (36.99%), Vitamin K: 35.56µg (33.87%), Selenium: 21.32µg (30.46%), Phosphorus: 269.26mg (26.93%), Calcium: 244.33mg (24.43%), Vitamin B12: 1.38µg (22.98%), Vitamin B1: 0.34mg (22.67%), Zinc: 2.54mg (16.91%), Vitamin B6: 0.3mg (14.9%), Vitamin B3: 2.93mg (14.63%), Vitamin B2: 0.24mg (13.86%), Potassium: 300.68mg (8.59%), Vitamin A: 395.93IU (7.92%), Manganese: 0.14mg (7.18%), Vitamin E: 1.05mg (6.98%), Iron: 1.21mg (6.75%), Vitamin B5: 0.61mg (6.08%), Magnesium: 22.89mg (5.72%), Vitamin D: 0.65µg (4.31%), Copper: 0.09mg (4.3%), Folate: 11.5µg (2.87%), Vitamin C: 2.22mg (2.69%), Fiber: 0.54g (2.15%)