

Ultimate Hoagie Dip

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



361 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 pound processed cheese food 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

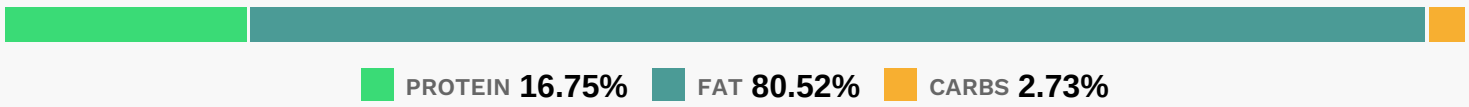
Equipment

- ☐ 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:10.555217328279%

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: 360.85kcal (18.04%), Fat: 32.15g (49.46%), Saturated Fat: 10.68g (66.77%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.99g (1.1%), Cholesterol: 60.24mg (20.08%), Sodium: 1137.42mg (49.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.05g (30.1%), Vitamin K: 35.49µg (33.8%), Phosphorus: 232.3mg (23.23%), Calcium: 225.05mg (22.5%), Selenium: 15.74µg (22.49%), Vitamin B1: 0.29mg (19.39%), Vitamin B12: 0.97µg (16.1%), Zinc: 2.01mg (13.43%), Vitamin B3: 2.35mg (11.77%), Vitamin B6: 0.23mg (11.53%), Vitamin B2: 0.19mg (11.4%), Vitamin A: 376.87IU (7.54%), Manganese: 0.14mg (6.98%), Vitamin E: 1.05mg (6.98%), Potassium: 229.24mg (6.55%), Iron: 0.94mg (5.22%), Vitamin B5: 0.51mg (5.14%), Magnesium: 19.03mg (4.76%), Copper: 0.07mg (3.71%), Vitamin D: 0.46µg (3.1%), Folate: 10.13µg (2.53%), Vitamin C: 2.04mg (2.47%), Fiber: 0.54g (2.15%)