



Yin-Yang Sandwiches

READY IN



10 min.

SERVINGS



8

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

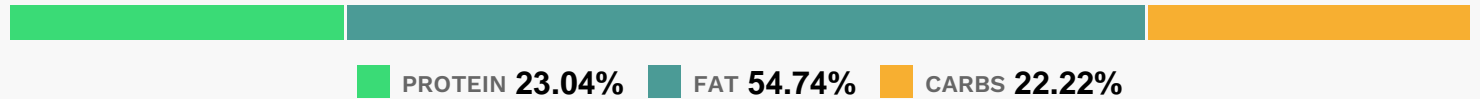
- 1 small head boston lettuce
- 1 loaf ciabatta bread french
- 1 pound ham sliced
- 0.3 cup mayonnaise
- 0.5 pound provolone cheese sliced
- 0.3 cup roasted peppers red hot jarred (Tuscan peppers)
- 0.3 pound genoa salami sliced

Equipment

Directions

- Slice the bread in half.
- Spread the bottom with the mayonnaise.
- Layer on the provolone and ham. On the left side of the bottom, add the salami, pepperoncini, and lettuce. Sandwich with the top of the bread.
- Cut into 8 pieces.

Nutrition Facts



Properties

Glycemic Index:23.19, Glycemic Load:20.26, Inflammation Score:-7, Nutrition Score:19.603043504383%

Flavonoids

Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 497.88kcal (24.89%), Fat: 30.08g (46.27%), Saturated Fat: 11.29g (70.55%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 26.08g (9.49%), Sugar: 2.71g (3.01%), Cholesterol: 69.83mg (23.28%), Sodium: 1620.65mg (70.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.49g (56.98%), Vitamin B1: 0.85mg (56.44%), Selenium: 35.23µg (50.33%), Phosphorus: 356.47mg (35.65%), Vitamin K: 37.03µg (35.27%), Vitamin B3: 5.87mg (29.37%), Vitamin B2: 0.49mg (28.96%), Calcium: 255.81mg (25.58%), Zinc: 3.41mg (22.73%), Folate: 82.36µg (20.59%), Vitamin B12: 1.18µg (19.75%), Vitamin B6: 0.39mg (19.64%), Vitamin A: 953.11IU (19.06%), Iron: 3.09mg (17.15%), Manganese: 0.33mg (16.34%), Potassium: 370.11mg (10.57%), Magnesium: 41.05mg (10.26%), Copper: 0.16mg (8.19%), Vitamin B5: 0.76mg (7.6%), Fiber: 1.38g (5.51%), Vitamin E: 0.72mg (4.78%), Vitamin D: 0.56µg (3.72%), Vitamin C: 2.79mg (3.38%)