

Italian Sub

Entrée/Diabetes-Friendly



THE OHIO STATE
UNIVERSITY
WEXNER MEDICAL CENTER

Serves: 1

Items Needed: cutting board, chefs knife, serrated knife, fork

Ingredients:

- 1 demi-baguette
- 1/2 ounce Pepperoni, deli sliced
- 1/2 ounce Capicola, deli sliced
- 1/2 ounce Salami, deli sliced
- 1 ounce Provolone, deli sliced
- 1 ounce Tomatoes, sliced
- ¼ cup Lettuce- personal choice
- 1 tbsp Olives- Kalamata, black, etc.
- 1 tbsp Pepperoncini, marinated
- 1 tbsp Peppers, marinated
- 1/2 tbsp Olive oil
- 1 tbsp Vinegar – Balsamic, Red Wine, etc.
- ½ tsp Italian seasoning

Nutrition Facts	
servings per container	
Serving size	(215g)
Amount per serving	
Calories	480
% Daily Value*	
Total Fat 27g	35%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1540mg	67%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 271mg	20%
Iron 3mg	15%
Potassium 232mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Directions:

1. Slice demi-baguette in half lengthwise – soft bready interior of baguette can be scooped out to leave mostly crust
2. Toast baguette
3. Layer pepperoni, salami, capicola along bottom of baguette
4. Top meats with provolone cheese
5. Top cheese with lettuce, tomatoes and olives
6. On top slice of baguette spread olive oil, balsamicveingar and Italian seasoning