

# Low Carb Italian Sub Rolls

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-torpedo-roll-recipe>

## Ingredients:

- 6 ounces shredded mozzarella
- 1/2 ounce shredded Parmesan
- 1 ounce cream cheese
- 1 large egg beaten
- 3/4 cup blanched almond flour
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon xanthan gum optional
- 1 teaspoon baking powder
- 1 teaspoon instant yeast
- 4 ounces provolone sliced
- 3 ounces capocollo sliced, or ham
- 2 1/2 ounces sliced pepperoni
- 2 1/2 ounces sliced salami
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 1/4 teaspoon red pepper flakes optional
- 1 clove garlic minced
- 1 teaspoon Dijon mustard
- salt
- pepper

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 100 milligrams
4. Fat: 33 grams

5. Fiber: 2 grams
  6. Protein: 21 grams
  7. SaturatedFat: 13 grams
  8. Sodium: 960 milligrams
  9. Sugar: 1 grams
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