

# Italian Subs - Restaurant Style

Yield: 8 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-italian-subs-recipe>

## Ingredients:

- 1 head red leaf lettuce rinsed and torn
- 2 fresh tomatoes medium, chopped
- 1 red onion medium, chopped
- 6 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 2 tablespoons fresh parsley chopped
- 2 cloves garlic chopped
- 1 teaspoon dried basil
- 1/4 teaspoon red pepper flakes
- 1 pinch dried oregano
- 1/2 pound sausage sliced Capicola
- 1/2 pound genoa salami thinly sliced
- 1/4 pound prosciutto thinly sliced
- 1/2 pound provolone cheese sliced
- 4 submarine rolls split
- 1 cup dill pickle slices

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 70 milligrams
4. Fat: 34 grams
5. Fiber: 2 grams
6. Protein: 22 grams
7. SaturatedFat: 12 grams
8. Sodium: 1260 milligrams
9. Sugar: 4 grams

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