

Italian Sub/hoagie/hero

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/subway-italian-hero-sub-recipe>

Ingredients:

- 1 roll large sub
- 1/8 pound capicola thin sliced
- 1/8 pound genoa salami thin sliced
- 1/8 pound boiled ham thin sliced
- 1/8 pound pepperoni thin sliced
- 1/4 pound provolone cheese
- 1 medium tomato sliced
- 1 medium onion sliced
- 4 cherry peppers medium, destemmed, seeded, and sliced
- 1 1/4 cups lettuce iceberg, shredded
- 4 ounces red wine vinegar
- 3 ounces olive oil
- 3/4 teaspoon dried oregano

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 50 milligrams
4. Fat: 40 grams
5. Fiber: 2 grams
6. Protein: 16 grams
7. SaturatedFat: 11 grams
8. Sodium: 870 milligrams
9. Sugar: 3 grams

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