

Grinder Salad Sandwich by Moribyan

Ingredients

Product	Quantity
Unsalted Butter	57.00 g
Parsley	12.00 g
Garlic	12.00 g
Parmiggiano Reggiano	60.00 g
Ground Black Pepper	1.00 g
Dried Oregano	1.00 g
Lettuce Iceberg	200.00 g
Cooks & Co Peppercini Chilli peppers (6 x 280g)	37.00 g
Red Onion	112.00 g
Mayonnaise	115.00 g
Red Wine Vinegar	14.00 g
Yellow Mustard	10.00 g
Italian Seasoning	3.00 g
Two White Hoagies	360.00 g
SLICED SALAMI MILANO	5.00 g
Parma Ham	8.00 g

Serves: 2

Allergy Information

Key: Contains May Contain

Contains Cereal	Contains Milk	Contains Eggs	May Contain Peanuts	May Contain Nuts	Does Not Contain Crustaceans	Contains Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	May Contain Celery	Contains Soya	Does Not Contain Molluscs	Contains SO2

Nuts:

Almond Nuts:	May
Hazelnuts:	May
Walnuts:	May
Cashew Nuts:	May
Pecan Nuts:	May
Brazil Nuts:	May
Pistachio Nuts:	May

Cereals:

Wheat:	Yes
Rye:	May
Spelt:	May
Oats:	Yes
Barley:	May
Kamut:	May

Dietary Information

Key: Suitable for

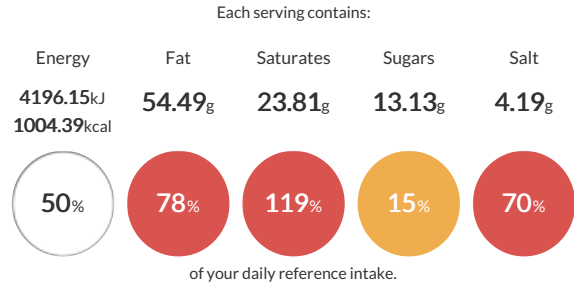
May not be suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

Ingredients

Two White Hoagies (36%) (Ingredients: **WHEAT** flour (with calcium, iron, niacin, thiamine), E300, Water, **OATS**, Palm & rapeseed oils, emulsifier: E471, Yeast, **Whey MILK** powder, Flour improver (**SOYA** flour, acidity regulator; E170, emulsifier; E472e, E481, flour treatment agent; E300), Salt, Flour softener, Dextrose, Sugar, Preservative; E282.), Lettuce Iceberg (20%) (Iceberg). Mayonnaise (11%) (Water, Rapeseed Oil, Sugar, Spirit Vinegar, Modified Maize Starch, **Egg** Yolk Powder (1.5%)(**Egg** Yolk Powder, Salt, Maltodextrin), Salt, Stabiliser(Xanthan Gum), Acidity Regulator(Acetic Acid), Lactic Acid, Preservative(Potassium Sorbate), Colour(Mixed Carotenoids).), Red Onion (11%) (Onion). Parmiggiano Reggiano (6%) (Unpasteurised Cow's **milk** 98.59, Salt, Animal Rennet). Unsalted **Butter** (6%) (Unsalted **butter** (**MILK**). Minimum **milk** fat 82%). Cooks & Co Peppercini Chilli peppers (6 x 280g) (4%) (Peppercini peppers (54%), water, spirit vinegar, salt, firming agent: calcium chloride). Red Wine Vinegar (1%) (Red Wine Vinegar, Preservative: Sodium **METABISULPHITE**, Acidity 6%). Parsley (1%) (Parsley). Garlic (1%) (Garlic 100%). Yellow **Mustard** (1%) (Distilled vinegar, water, **MUSTARD** seed, salt, turmeric, paprika, spices, flavouring, garlic powder). Parma Ham (1%) (pork leg, salt). SLICED SALAMI MILANO (0%) (pork meat, salt, dextrose, spices, flavourings, antioxidant E301, preservative E250, E252). Italian Seasoning (0%) (Rosemary (24%), Basil (22%), Oregano (19%), Thyme (14%), Black Pepper, Garlic). Ground Black Pepper (0%) (Black Pepper). Dried Oregano (0%) (Oregano).

Reference Intake



Nutritional Summary

Energy	4196.15kJ 1004.39kCal
Protein	31.54g
Carbohydrates	91.26g
of which sugars	13.13g
Non Milk Extrinsic Sugars	0g
Fat	54.49g
of which saturates	23.81g
Fibre	9.24g
Salt	4.19g
Sodium	0.54g
Iron	0.12mg
Calcium	1.14mg
Zinc	0.06mg
Folate	0.3µg
Vitamin A	0µg
Vitamin C	1.02mg

Method & Recipe Notes

MAKE THE GARLIC AND HERB BUTTER: 1. To a small bowl, add the melted butter, parsley, garlic, parmesan, black pepper, and oregano. Mix together and set aside. PREPARE THE GRINDER SALAD: 2. To a bowl, add water, ice, and the sliced red onion. Let it soak for at least 20 minutes to make it less bitter and mor sweet. Drain. 3. Make the dressing in a small bowl by combining mayo, vinegar, garlic, parsley, mustard, parmesan, salt, black pepper, red pepper flakes, and Italian seasoning until smooth. 4. Add the lettuce, red onion, pepperoncini, and the dressing to a large bowl and toss together. Taste and adjust anything to your liking. PREPARE THE SANDWICH: 5. Preheat oven to 350°F. 6. Brush the top of the bread with the garlic butter. Place cheese on the bottom of the bread and place it all on a baking tray and pop in the oven for 6 to 8 minutes just until the bread is toasted and the cheese is melted. 7. Once out of the oven, assemble with the deli meats on top of the cheese, then tomatoes, avocado if using, and lots of grinder salad. Add the bread on top, press down, and cut in half to enjoy!

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