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Jersey mike subs calories

Although Jersey Mike prides itself on serving handmade hogs, you still need to remember what you order at the sandwich shop. They have some items made with healthy-sounding ingredients, such as a 99 percent lean turkey breast - but that doesn't mean their entire menu is free on high-calorie, -sodium, and -fat under. Although choosing villains from the characters can be difficult at first glance, we here, we here, eat This, not This! Scanned through all nutrition data to rank the best and worst submarines for your waistline. Below is our breakdown of each submarine on jersey mike's menu, ranked from best to worst. But first, we have a burning sub-question that needs to answer... What are the sub-sizes in Jersey Mike? There are mines, regulars, giant, wrapping and a bathtub. The tub is a salad for those who have never been inside. And while none of the sandwiches are keto-friendly, keep in mind that you can only order salad with olive oil and oregano as dressing and with meat on top. We chose to analyze the nutrition of each sub-cup with traditional white bread and of normal size (7-1/2 inches). Mike's path means the submarine is made with onions, lettuce, tomatoes, vinegar, butter and spices (adding over 275 calories and 28 grams of fat), but this can be changed according to your preferences. For our ranking of cold submarines, we mostly looked at calories, sodium and fat, with bonus points awarded for protein. Cold submarines, from the best to the worst... Turkey and provolone This is one of Jersey Mike's most popular submarines for a reason. They use lean turkey breast without additives and fragrant cheese provolone. It's not the lowest calorie or lowest-sodium floor, but you get an extra five grams of saturation protein with this submarine from Ham and Provolone. Remember that regular submarine sizes are designed to be divided into two, so that means you'll get 20 grams of protein per serving. Ham and provolone We would rank this below in the first place because it's the lowest calorie below (just because BLT comes with 250-calorie impaired mayo), but it's lower in protein for almost the same amount of fat than our number one choice. The endless bacon, lettuce and tomato sandwich is unloaded by three points because it is low in calories and sodium, but too low in protein for the amount of fat it serves. This submarine has the least amount of saturated and trans fat on almost all submarines, says L.J. Amaral MS, RD, CSO clinical and research nutritionist at Cedars Sinai. The sodium content is lower than most options, and gives a little fiber with veggies. Roast beef and provolone It can be full of protein and have the least amount of sodium per bunch, but we had to stack this floor for a high content of calories, fat, and saturated fat. Ham, and cappacuolo It can be named after the beaches of the garden state, but with the amount of slinging sodium you will find in this submarine, you can to look too bikini body ready. RELATED: A 7-day diet that melts belly fat quickly. Provolon, prosciutto and cappaculo Here's a submarine that doesn't let you forget mike's commitment to quality meats and ingredients. Number four is made with two types of meat, which you'll probably never see on the subway menu: prosciutto and lid wallo, both versions of dried ham. Unfortunately, with great hardening comes much of the salt—which explains the fact that this regular floor falls below 500 milligrams of your recommended daily sodium intake. Provolon, ham, prosciutto, and lidulo Add ham to Number Four booths of about 275 milligrams of sodium and 40 calories. Provolone, ham, and salami sticker a special knockout from the park when it comes to serving up to almost an entire day recommended sodium intake and just over half the recommended amount of saturated fat should consume in a day. Instead, go for mines and you'll save yourself 1,000 milligrams of snive and blood pressure-boosting sodium. Freshly prepared tuna salad We'd like to have better ordered the tuna sandwich because white tuna is one of the cheapest proteins for your abdominal muscles and is full of heart and brain-protective Omega-3 fatty acids, but according to Mike's website, the salad is made from more mayonnaise than healthy fish, which is why it climbs over 1,000 calories. If you really crave it, you don't need much more than mini wheat, which still clocks in at 600 calories and just under 40 grams of full fat. Swiss, provolone, and green peppers, we are shocked like you, and frankly, disappointed, it ranks so badly against the competition. Maybe it's because Veggie is made up mostly of trans-olive cheeses. Keep in mind that this sandwich, although it contains only vegetables and cheese, contains more saturated fat than any ordinary-sized cold meal on the menu. Provolon, roast beef and pepperoni This sandwich was inspired by a pepsi delivery man's request made in the summer of 1974. We're not sure what's worse for you, though, a 12-ounce Pepsi soda with 41 grams of added sugars, or 12 grams of saturated fat that are in this sub. Roast beef, turkey, Swiss, apple-smoked bacon and mayo Unlike the traditional club below it, this club is made up of roast beef and Swiss instead of ham and provolone. This simple switch can rise to 30 calories, but it's surprisingly worth saving about 500 milligrams of sodium, while adding 12 grams of protein - which is too much protein for one meal, so definitely divide it in half. We recommend leaving mayonnaise and taking mines for just 530 calories. Turkey, ham, provolon, smoked piece of bacon and mayonnaise This sandwich is not the type of club you want to belong to. Not only are they 250 of these calories entirely from myers, there is also more sodium in the than you have to eat all day. This is definitely one of the highest sodium orders. Provolon, ham, prosciutto, capacwallo, salami and pepperoni So, what is the most nerable cold floor of all? Amaral says it's without a doubt the original Italian. Why? It has the most sodium, sugar and saturated fat of all sandwiches. Hot submarines ranked from best to worst... Roasted onions, peppers and melted cheese The sister under The Famous Philly is made with chicken instead of beef and as a result has less sodium and fat, making it the best choice for hot submarines. The certified Angus USDA selection of top round cut fresh and stewed in BBQ sauce To make this barbecue sandwich, Jersey uses freshly chopped, boiled roast beef instead of traditional Southern-style pork. The beef is warmed and then stewed in BBQ sauce. Because the submarine leaves excess fatty cheeses, it ranks well in terms of calories and fat, while being more than impressive on the protein front. Unfortunately, the barbecue sauce is sugar-heavy, and the whole submarine will set you back with almost a whole day of added sugar. Swiss cheese, sauerkraut, and a thousand islands Succulent jerky is grilled to perfection with melted Swiss cheese and then dressed with sauerkraut and bubbling island dressing. This subcommittee is low in calories and uses real sauerkraut made from cabbage and salt – without preservatives! Why are we so excited? This fermented food is teeming with gut-healthy probiotics. Roasted onions, peppers and melted cheese Yes, this Philly cheesesteak is high in sodium and saturated fat, so compared to some of the worst sandwiches on this list, it still doesn't make the top three choices. If you're going to order a Big Kahona, we'd rather get your chicken version over the veal. Why? It has a little less than anything, from calories to fat and sodium, and just touching more protein. Roasted onions, peppers, mushrooms, jalapenos and of course extra melted white American cheese We are surprised that Big Kahuna is not the worst hot submarine. We mean, it's quite biting: full of roasted onions, peppers,

mushrooms, jalapeños - and extra cheese - saving you grace is the fact that there is no sauce based on mayonnaise, adding an absurd amount of fat. Melted provolone, tomato sauce, and parmesan cheese It may not stack as much sodium as the sub-waters around it, but we brought out points from this loaded floor because of the lower protein content. Apple tree smoked bacon, lettuce, tomato and ranch dressing For the same amount of total fat, you can eat two small Milk Queen Oreo biscuits tearful. Lettuce, tomato, mayonnaise and melt American cheese, seeing California, makes us think of akai bowls and green juices - not a 910-calorie submarine with more fat than a Whopper. Surprised? Don't close your jaw just yet. There are much less unsuspecting foods with more fat than Big Mac. Roasted onions, peppers, white American cheese and chipotle mayo Mayo May be a classic of the spice lover, but this chicken steak hits all the wrong notes. Not only does it fall below the 1,000-calorie mark, but it's almost equivalent to the whole day of sodium - or the equivalent of 14 small orders of McDonald's french fries. That's not to say that other items on mcdonald's menu are much better. Grilled onions, peppers, white American cheese and chipotle mayo This feats of an outrageous amount of saturated fat, sodium and calories. I'm sorry, Jersey Mike. If you don't already know, buffalo sauces are serious intruders. The fact that this cheese cheese exceeds 3,000 milligrams of sodium is downright inexpressible. Next! Alea Markon » Jersey Mike Submarines 1 2 3 4 5 7 7 8 9 10 11 12 13 14 15 16 17 18 19 Name Beschreibung Zugangsebene #6 roast beef && provolone, White regular cold submarines - #6 roast beef &provolone, white regular #7 omelette with bacon sandwich, flour bread wrap #7 omelette with bacon sandwich, plain Bagel #7 Omelette with bull sandwich, spinach #7 omelette with bacon sandwich, tomato wrap with bacon sandwich, plain Bagel #7 Bacon omelette, spinach #7 bacon sandwich omelette, tomato #7 omelette with bacon sandwich Wheat roll #7 Bacon sandwich omelette, wheat wrap #7 Omelette with Bacon Sandwich, white feat #7 Turkey breast & #7 Provolone, flour tortilla secret cold submarines as a secret - #7 Turkey & Provolone , flour tortilla wrap #7 Turkey breast &provolone, in one bath cold submarines - #7 Turkey & Provolone , In bath #7 Turkey breast &provolone, reduced carbohydrate content, cold submarines as shell - #7 Turkey Breast &- Reduced Carb wrap #7 Turkey breasts " Provolone", Spinach secret loose submarines as a secret - #7 Turkey breasts " Provolone,spinach wrap #7 Turkey breast " Provolone", tomatoes wrap cold under hems as wraps - #7 Turkey breasts " Provolone, tomatoes wrap #7 Turkey &prolonev, wheat wheat submarines - #7 Turkey &prolonev, Wheat Giant #7 Turkey Breast " Provolone,wheat mini cold submarines - #7 Turkey breasts " Provolone", wheat mini #7 Turkey breast " Provolone", wheat regular cold submarines - #7 Turkey breast & Provolone, wheat regular #7 Turkey Breast " Provolone,Wheat Wrap Cold Subs as Wraps - #7 Turkey Breasts " Provolone", wheat wrap #7 Turkey breast " Provolone,White Giant Cold Submarines - #7 Turkey Breasts ", White Giant #7 Turkey Breasts "Provalon, White Mini Cold Submarines - #7 Turkey Breasts "Provolon&, White Mini #7 Turkey Breast "Provolon, White Regular Cold Submarines - #7 Turkey Breasts "quot; Regular club with white #8 with mayonnaise, cool floor duvets with tortilla with tortilla and wrap of #8 club with mayonnaise, Underwater club Tortilla with flour #8 with mayonnaise, in cold submarine #8 Mayonnaise mayonnaise, in underwater club #8 with mayonnaise, chillies with reduced carbohydrate content as a wrap - #8 club floor with mayonnaise, occasioned #8 with mayonnaise, Spinach Wrap Cold Rooms as wrap - #8 club spinach wrap #8 floor with mayonnaise, cool floor floors for packing tomato packaging as wrapping - #8 club floor with mayonnaise, tomato wrap #8 #8 floor, with mayonnaise Club floor with mayonnaise, Wheat giant cold submarines - #8 club floor with mayonnaise, #8 club Wheat giant with mayonnaise, mini cold cereal submarines - #8 club floor with mayonnaise , Wheat mini #8 floor with mayonnaise, plain wheat cool submarines with #8 mayonnaise, Regular #8 club Wheat addition of #8 with mayonnaise, cool wheat duvets as shells - #8 club with mayonnaise, #8 club Mayonnaise, White giant submarine with #8 mayonnaise, White giant #8 with mayonnaise, white mini frosts - #8 club White mini #8 club with mayonnaise, white regular cold submarines - #8 club floor with mayonnaise, white regular #8 omelette with ham and bacon sandwich, flour tortilla secret #8 Om Ham and bacon sandwich, plain Bagel #8 Omelette sandwich with ham and bacon sandwich, spinach wrap #8 Omelette with ham and bacon sandwich, tomato wrap #8 Ham omelette and bacon sandwich , wheat roll #8 omelette with ham and bacon Sandwich, #8 Omelette with ham and bacon omelette, white feat #9 club Mayonnaise, cold tortilla for packing tortilla, cold salad wrap, #9 club Supreme with mayonnaise, #9 club Mayonnaise with mayonnaise, in the bath cold submarine - #9 Club Mayonnaise in bath #9 Mayonnaise, Low cold carb submarines and wraps - #9 Supreme Club with mayonnaise, reduced carbohydrate content #9 Supreme Club with mayonnaise, cold spinach submarines, #9 Supreme Club with mayonnaise, spinach #9 Club Mayonnaise with mayonnaise, cool tomato wrappers as wraps - #9 club Mayonnaise with mayonnaise, tomato wrap #9 Club Mayonnaise , Cool submarines - #9 club with mayonnaise

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