



Antipasto Salad Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup celery finely chopped
- ☐ 18 inch long french-bread baguette
- ☐ 0.5 pound mozzarella cheese fresh cut into 1/3-inch cubes
- ☐ 0.3 cup kalamata olives black pitted finely chopped
- ☐ 0.5 cup mayonnaise
- ☐ 2 cups radicchio thinly thinly sliced (from 1 large head)
- ☐ 0.3 cup roasted peppers from jar red chopped
- ☐ 0.5 pound genoa salami italian thinly sliced cut into 1/4-inch-wide strips (such as Genoa)

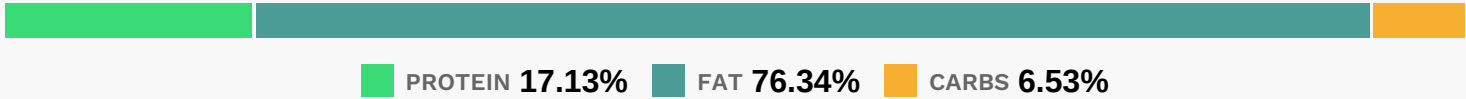
Equipment

- ☐ bowl
- ☐ aluminum foil

Directions

- ☐ Combine salami, cheese, celery, and olives in large bowl; toss to blend.
- ☐ Mix mayonnaise and roasted peppers in small bowl to blend; season dressing to taste with salt and pepper.
- ☐ Cut bread crosswise into 4 equal pieces.
- ☐ Cut each piece horizontally in half. Scoop out some soft center from each bread piece, leaving 1/2-inch-thick shell.
- ☐ Spread dressing in hollow of each bread piece. Divide salad mixture among bottom bread pieces. Top salad with radicchio; press bread tops over. (Can be prepared 4 hours ahead. Wrap sandwiches tightly in foil and chill.)

Nutrition Facts



Properties

Glycemic Index:54.38, Glycemic Load:5.33, Inflammation Score:-6, Nutrition Score:21.833043352417%

Flavonoids

Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 7.84mg, Luteolin: 7.84mg, Luteolin: 7.84mg, Luteolin: 7.84mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

Nutrients (% of daily need)

Calories: 643.94kcal (32.2%), Fat: 54.42g (83.72%), Saturated Fat: 17.73g (110.82%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 9.33g (3.39%), Sugar: 1.69g (1.88%), Cholesterol: 101.34mg (33.78%), Sodium: 2194.4mg (95.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.47g (54.95%), Vitamin K: 103.69µg (98.75%), Vitamin B12: 2.91µg (48.57%), Vitamin B1: 0.64mg (42.68%), Selenium: 28.32µg (40.46%), Phosphorus: 363.65mg (36.37%), Calcium: 322.43mg (32.24%), Zinc: 4.37mg (29.14%), Vitamin B2: 0.42mg (24.83%), Vitamin B3: 3.98mg

(19.9%), Vitamin B6: 0.4mg (19.8%), Vitamin E: 1.87mg (12.5%), Vitamin A: 585.74IU (11.71%), Potassium: 406.6mg (11.62%), Copper: 0.22mg (10.99%), Folate: 41.5µg (10.37%), Iron: 1.78mg (9.88%), Vitamin C: 7.61mg (9.23%), Manganese: 0.18mg (9.22%), Vitamin B5: 0.87mg (8.74%), Magnesium: 34.65mg (8.66%), Fiber: 1.15g (4.61%), Vitamin D: 0.28µg (1.89%)