



Artichoke and Salami Sandwiches

READY IN



10 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained and rinsed canned
- ☐ 8 slices bread thick
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons mayonnaise
- ☐ 4 ounces provolone cheese thinly sliced
- ☐ 0.3 teaspoon pepper crushed
- ☐ 4 ounces genoa salami hard thinly sliced
- ☐ 4 servings salt and pepper

☐ 0.5 bunch pkt spinach trimmed

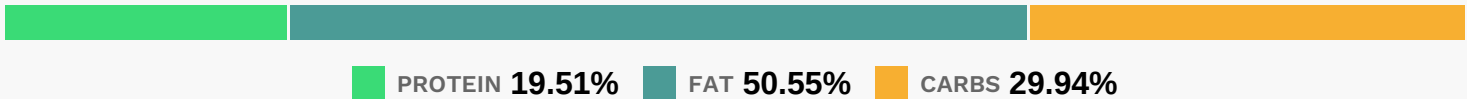
Equipment

☐ food processor

Directions

- ☐ Add the artichoke hearts, basil, mayonnaise, lemon juice, and red pepper flakes to a food processor. Pulse until smooth. Season to taste with salt and pepper.
- ☐ For the sandwiches: Top each slice of bread with some of the artichoke–basil spread. On half of the slices, add a quarter of the cheese, spinach, and salami. Top each with a remaining slice of bread, spread side down.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:66.42, Glycemic Load:14.81, Inflammation Score:-10, Nutrition Score:27.767826204715%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 450.13kcal (22.51%), Fat: 25.08g (38.58%), Saturated Fat: 9.46g (59.12%), Carbohydrates: 33.42g (11.14%), Net Carbohydrates: 28.64g (10.42%), Sugar: 4.46g (4.95%), Cholesterol: 44.9mg (14.97%), Sodium: 1752.01mg (76.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.77g (43.55%), Vitamin K: 226.41µg (215.63%), Vitamin A: 4356.78IU (87.14%), Manganese: 1.09mg (54.61%), Selenium: 28.06µg (40.09%), Vitamin B1: 0.53mg (35.65%), Folate: 135.61µg (33.9%), Calcium: 334.06mg (33.41%), Phosphorus: 301.58mg (30.16%), Vitamin B3: 5.1mg (25.51%), Vitamin B2: 0.41mg (24.13%), Iron: 3.77mg (20.96%), Vitamin B12: 1.22µg (20.27%), Zinc: 2.94mg (19.63%), Fiber: 4.78g (19.13%), Magnesium: 72.16mg (18.04%), Vitamin C: 13.78mg (16.7%), Vitamin B6: 0.33mg (16.44%), Potassium: 474.56mg (13.56%), Copper: 0.2mg (10%), Vitamin B5: 0.94mg (9.43%), Vitamin E: 1.33mg (8.86%), Vitamin D: 0.16µg (1.04%)