



HEALTH SCORE

56%

Broccoli Rabe and Provolone Grinders



Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 4 bunches broccoli rabe ends trimmed (rapini, 4-5 pounds)
- ☐ 15 ounce cannellini beans white with liquid canned (kidney)
- ☐ 1 pepper flakes red seeded very thinly sliced
- ☐ 1 head cloves peeled thinly sliced
- ☐ 3 garlic clove thinly sliced
- ☐ 8 servings kosher salt
- ☐ 3 tablespoons juice of lemon fresh ()

- ☐ 0.5 cup olive oil divided plus more
- ☐ 8 ounces provolone cheese thinly sliced
- ☐ 1.5 teaspoons pepper red crushed
- ☐ 8 portugese rolls split french

Equipment

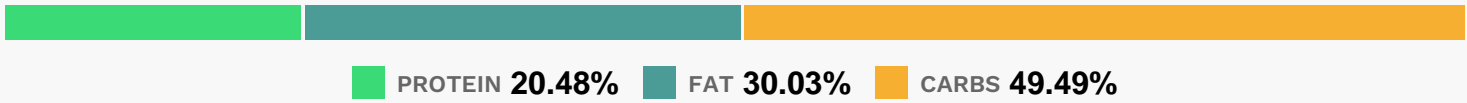
- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot

Directions

- ☐ Heat 3 tablespoons oil in a small saucepan over medium-low heat; add garlic and red pepper flakes. Cook, stirring often, until garlic begins to turn golden, about 4 minutes.
- ☐ Add beans with liquid. Bring to a simmer; cook, stirring often, until liquid thickens, about 10 minutes.
- ☐ Transfer to a food processor; add 3 tablespoons oil. Process until smooth. Season with salt and pepper.
- ☐ Cook broccoli rabe, 1 bunch at a time, in a large pot of boiling salted water for 2 minutes (return to a boil between batches).
- ☐ Transfer broccoli rabe to a baking sheet; let cool. Squeeze dry; coarsely chop.
- ☐ Heat a large pot over medium heat; add 1/4 cup oil, garlic, and red pepper flakes. Cook, stirring often, until garlic is fragrant and beginning to turn golden, 2–3 minutes.
- ☐ Add broccoli rabe; cook, stirring often, until stem pieces are just tender, 4–5 minutes.
- ☐ Add remaining 1/4 cup oil and 3 tablespoons lemon juice. Season with salt, pepper, and more juice, if desired.
- ☐ Spread out on a rimmed baking sheet and let cool. DO AHEAD: Can be made one day ahead. Cover and chill.
- ☐ Arrange racks in top and bottom thirds of oven; preheat to 400°F. Open rolls and arrange on 2 rimmed baking sheets.

- ☐ Drizzle generously with oil.
- ☐ Spread bean purée on one side of each roll; add broccoli rabe. Top with cheese, then chile. Toast, rotating pans after 5 minutes, until cheese is melted, 7–10 minutes. Top, slice, and serve.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:26.18, Inflammation Score:-10, Nutrition Score:26.833043323911%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 388.89kcal (19.44%), Fat: 13.27g (20.41%), Saturated Fat: 5.38g (33.6%), Carbohydrates: 49.2g (16.4%), Net Carbohydrates: 42.21g (15.35%), Sugar: 5.55g (6.17%), Cholesterol: 19.56mg (6.52%), Sodium: 739.68mg (32.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.36g (40.72%), Vitamin K: 258.45µg (246.15%), Iron: 14.99mg (83.29%), Vitamin A: 3378.26IU (67.57%), Manganese: 0.85mg (42.39%), Vitamin C: 33.44mg (40.53%), Calcium: 387.33mg (38.73%), Folate: 133.78µg (33.45%), Fiber: 6.99g (27.96%), Phosphorus: 277.48mg (27.75%), Vitamin E: 2.91mg (19.39%), Vitamin B1: 0.25mg (16.56%), Zinc: 2.43mg (16.22%), Vitamin B2: 0.27mg (15.73%), Magnesium: 62.88mg (15.72%), Potassium: 540.33mg (15.44%), Vitamin B6: 0.31mg (15.37%), Copper: 0.2mg (9.77%), Selenium: 6.38µg (9.11%), Vitamin B3: 1.61mg (8.06%), Vitamin B12: 0.41µg (6.9%), Vitamin B5: 0.63mg (6.28%)