



Chicken and Roast Beef Muffulettas

READY IN



45 min.

SERVINGS



12

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts drained coarsely chopped canned
- 2 tablespoons balsamic vinegar
- 1.5 ounce bread french
- 2 tablespoons capers drained
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 1 garlic clove minced
- 0.5 cup kalamata olives pitted
- 2 teaspoons olive oil

- 1 ounce pan drippings from roast beef preferably
- 1 ounce chicken breast strips/pre-cooked/chopped
- 7 ounce roasted peppers red drained chopped
- 6 cups the salad
- 6 ounce swiss cheese

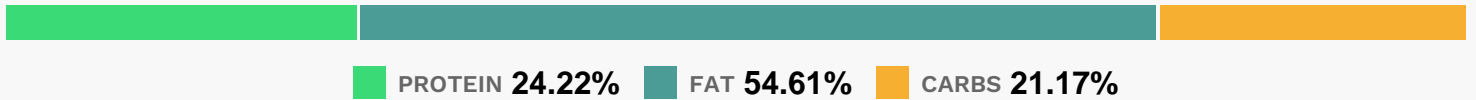
Equipment

- food processor
- bowl
- plastic wrap

Directions

- To prepare olive salad, combine first 8 ingredients in bowl of a food processor. Process 30 seconds or until finely chopped; chill.
- To prepare muffuletta, cut rolls in half horizontally.
- Cut each cheese slice in half crosswise.
- Spread about 2 1/2 tablespoons olive mixture onto top half of each roll.
- Layer 1/2 cup greens, 1/2 cheese slice, 1 roast beef slice, and 1 chicken slice on each roll bottom; cover with top of roll.
- Wrap each sandwich tightly in plastic wrap. Chill up to 8 hours.

Nutrition Facts



Properties

Glycemic Index:27.29, Glycemic Load:1.73, Inflammation Score:-4, Nutrition Score:5.5178260863151%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 103.19kcal (5.16%), Fat: 6.26g (9.63%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 4.42g (1.61%), Sugar: 0.86g (0.95%), Cholesterol: 16.54mg (5.51%), Sodium: 563.95mg (24.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Vitamin C: 13.71mg (16.62%), Calcium: 150.76mg (15.08%), Phosphorus: 107.94mg (10.79%), Vitamin A: 508.06IU (10.16%), Selenium: 6.33µg (9.04%), Vitamin B12: 0.48µg (7.94%), Zinc: 0.86mg (5.71%), Vitamin K: 5.19µg (4.95%), Vitamin B2: 0.08mg (4.82%), Manganese: 0.1mg (4.81%), Vitamin B3: 0.91mg (4.56%), Vitamin B6: 0.09mg (4.47%), Folate: 17.15µg (4.29%), Fiber: 1.04g (4.14%), Iron: 0.6mg (3.32%), Magnesium: 13.09mg (3.27%), Copper: 0.06mg (3.17%), Vitamin E: 0.43mg (2.86%), Vitamin B1: 0.04mg (2.79%), Potassium: 95.26mg (2.72%), Vitamin B5: 0.14mg (1.38%)