



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 rolls french
- ☐ 2 tablespoons capers drained
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup kalamata olives pitted
- ☐ 2 teaspoons olive oil
- ☐ 1 ounce deli roast beef

- ☐ 1 ounce roasted breast of chicken
- ☐ 7 ounce roasted bell peppers red drained chopped
- ☐ 6 cups gourmet salad greens
- ☐ 6 ounce swiss cheese

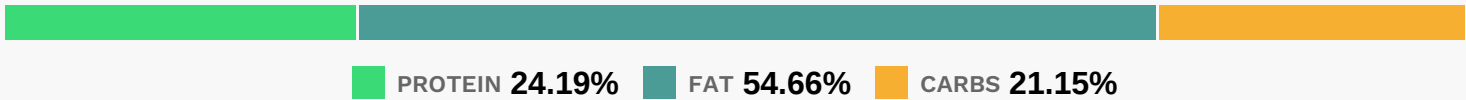
Equipment

- ☐ 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:21.46, Glycemic Load:1.73, Inflammation Score:-4, Nutrition Score:5.3613043616971%

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: 103.08kcal (5.15%), Fat: 6.25g (9.62%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 4.42g (1.61%), Sugar: 0.86g (0.95%), Cholesterol: 16.54mg (5.51%), Sodium: 563.93mg (24.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.45%), Vitamin C: 13.62mg (16.51%), Calcium: 149.87mg (14.99%), Phosphorus: 107.66mg (10.77%), Vitamin A: 481.68IU (9.63%), Selenium: 6.32µg (9.03%), Vitamin B12: 0.48µg (7.94%), Zinc: 0.85mg (5.68%), Vitamin B2: 0.08mg (4.8%), Vitamin B3: 0.91mg (4.54%), Manganese: 0.09mg (4.52%), Vitamin B6: 0.09mg (4.44%), Folate: 16.81µg (4.2%), Fiber: 1.03g (4.11%), Iron: 0.58mg (3.24%), Magnesium: 12.77mg (3.19%), Copper: 0.06mg (3.07%), Vitamin K: 3.12µg (2.97%), Vitamin E: 0.43mg (2.83%), Vitamin B1: 0.04mg (2.78%), Potassium: 93.78mg (2.68%), Vitamin B5: 0.14mg (1.37%)