



## Chicken Muffuletta

READY IN



45 min.

SERVINGS



12

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 teaspoon pepper black
- 32 ounce loaves bread french
- 1 pound rotisserie chicken breast boneless skinless thinly sliced
- 1 pound eggplant diced peeled
- 2 teaspoons thyme leaves fresh chopped
- 1 tablespoon olive oil
- 1.5 cups onion chopped
- 0.3 cup pepperoncini chopped ( 5 medium)

- 7 ounces pimiento-stuffed olives chopped
- 1 cup sharp provolone cheese diced finely
- 2 ounces genoa salami hard chopped reduced-fat
- 3 cups tomatoes seeded chopped ( 2 medium)

## Equipment

- bowl
- frying pan
- paper towels
- plastic wrap

## Directions

- Spread tomato evenly onto several layers of heavy-duty paper towels. Cover with additional paper towels; let stand 10 minutes.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add eggplant and onion; saut 10 minutes or until eggplant is tender and beginning to brown. Stir in thyme and pepper; cook 1 minute, stirring occasionally. Spoon eggplant mixture into a large bowl.
- Coat pan with cooking spray.
- Add tomato; cook 2 minutes, stirring frequently. Stir tomato into eggplant mixture. Cool to room temperature.
- Stir olives and next 5 ingredients (through vinegar) into eggplant mixture.
- Cut French bread loaves in half horizontally. Hollow out top and bottom halves of bread, leaving a 1/2-inch-thick shell; reserve torn bread for another use.
- Spread about 3 tablespoons olive mixture over bottom half of each loaf. Arrange chicken evenly on bottom halves. Top chicken evenly with remaining 3 tablespoons olive mixture; cover with top halves of loaves. Wrap loaves with plastic wrap; refrigerate up to 24 hours.
- Cut each loaf into 3 pieces just before serving.

## Nutrition Facts



■ PROTEIN **22.92%** ■ FAT **27.22%** ■ CARBS **49.86%**

## Properties

Glycemic Index:29.79, Glycemic Load:31.58, Inflammation Score:-8, Nutrition Score:18.664347881856%

## Flavonoids

Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

## Nutrients (% of daily need)

Calories: 367.32kcal (18.37%), Fat: 11.21g (17.24%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 46.19g (15.4%), Net Carbohydrates: 41.92g (15.24%), Sugar: 7.06g (7.84%), Cholesterol: 35.51mg (11.84%), Sodium: 947.81mg (41.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.23g (42.47%), Selenium: 36.88µg (52.69%), Vitamin B1: 0.65mg (43.36%), Vitamin B3: 8.44mg (42.18%), Manganese: 0.58mg (28.88%), Folate: 114.8µg (28.7%), Vitamin B2: 0.44mg (26.01%), Phosphorus: 250.11mg (25.01%), Vitamin B6: 0.5mg (24.96%), Iron: 3.62mg (20.08%), Fiber: 4.27g (17.1%), Calcium: 147.57mg (14.76%), Potassium: 483.04mg (13.8%), Magnesium: 52.55mg (13.14%), Vitamin C: 10.54mg (12.77%), Zinc: 1.74mg (11.58%), Copper: 0.22mg (11.05%), Vitamin B5: 1.07mg (10.7%), Vitamin A: 517.37IU (10.35%), Vitamin E: 1.39mg (9.27%), Vitamin B12: 0.37µg (6.14%), Vitamin K: 6.44µg (6.13%)