



Chicken Muffuletta

READY IN



75 min.

SERVINGS



6

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup olives green pitted ripe finely chopped
- ☐ 4 oz pimientos drained sliced finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon oregano dried crushed
- ☐ 8 inch bread crumbs italian ()
- ☐ 4 oz provolone cheese sliced
- ☐ 4 oz chicken breast strips/pre-cooked/chopped cooked thinly sliced (from deli)

☐ 4 oz genoa salami sliced

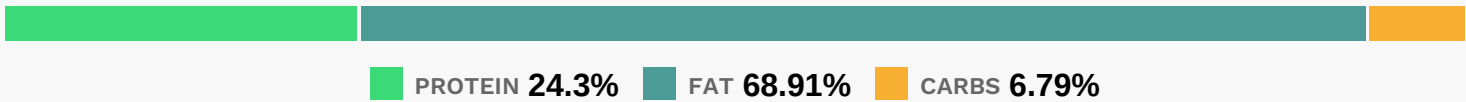
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ In small bowl, stir together olive salad ingredients.
- ☐ Cut loaf of bread horizontally in half. Scoop out soft center from top and bottom of loaf, making room for the filling and leaving a 3/4-inch shell. Using tablespoon, scoop out or drain off 2 tablespoons liquid oil and vinegar dressing from olive salad, and drizzle over inside of bottom half of bread.
- ☐ Spread remaining olive salad mixture inside top half of bread.
- ☐ Layer cheese, chicken and salami in bottom half. Cover with top of loaf; wrap well with plastic wrap.
- ☐ Place loaf on plate; cover with another plate and then a heavy weight, such as a large can. Refrigerate 1 to 6 hours.
- ☐ To serve, cut sandwich into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:9.780434836512%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 257.86kcal (12.89%), Fat: 19.74g (30.37%), Saturated Fat: 7.21g (45.04%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 3.37g (1.22%), Sugar: 1.85g (2.06%), Cholesterol: 44.04mg (14.68%), Sodium: 770.22mg (33.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.32%), Vitamin C: 19.83mg (24.03%), Vitamin B3: 4.01mg (20.06%), Phosphorus: 187mg (18.7%), Selenium: 12.97µg (18.54%), Calcium: 159.11mg (15.91%),

Vitamin B6: 0.29mg (14.61%), Vitamin B12: 0.87µg (14.49%), Vitamin A: 719.17IU (14.38%), Vitamin B1: 0.2mg (13.66%), Zinc: 1.66mg (11.06%), Vitamin B2: 0.16mg (9.63%), Vitamin E: 1.38mg (9.23%), Iron: 1.16mg (6.46%), Vitamin K: 6.41µg (6.11%), Potassium: 199.58mg (5.7%), Vitamin B5: 0.48mg (4.82%), Magnesium: 18.74mg (4.69%), Fiber: 1.01g (4.02%), Copper: 0.07mg (3.6%), Manganese: 0.05mg (2.68%), Folate: 7.23µg (1.81%)