



## Classic New Orleans Muffuletta Sandwich

 Popular

READY IN



20 min.

SERVINGS



2

CALORIES



1419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon capers
- 0.3 pound capicola thinly sliced
- 1 teaspoon garlic clove minced
- 0.3 pound mortadella thinly sliced
- 0.8 cup tuna in olive oil mixed pitted
- 3 tablespoons olive oil extra virgin extra-virgin
- 2 tablespoons parsley
- 0.3 pound provolone cheese thinly sliced

- 1 tablespoon red wine vinegar
- 0.3 cup roasted peppers red chopped
- 0.3 pound soppressata sweet thinly sliced
- 1 large portugese rolls muffuletta-style (see note above)

## Equipment

- food processor
- bowl

## Directions

- Combine olives, capers, peppers, parsley, giardiniera, and garlic in the bowl of a food processor. Pulse to chop until no pieces larger than 1/2-inch remain.
- Transfer to a bowl.
- Add vineger and olive oil and stir to combine. For best results, let olive salad rest overnight before continuing to step
- Split muffuletta roll in half and spread each cut surface generously with olive salad, making sure to include the juices when spreading.
- Layer half of soppressata on bottom half of bun, followed by half of mortadella, half of capicola, and half of provolone. Repeat layers with remaining meat and cheese. Close sandwiches and press down gently to compress. For best flavor, wrap tightly in paper or plastic and let rest for 1 hour before serving.
- Cut into triangular wedges to serve.

## Nutrition Facts

 **PROTEIN 24.37%**  **FAT 69.22%**  **CARBS 6.41%**

## Properties

Glycemic Index:109, Glycemic Load:13.08, Inflammation Score:-7, Nutrition Score:40.477826139201%

## Flavonoids

Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol:

5.32mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

## Nutrients (% of daily need)

Calories: 1419.38kcal (70.97%), Fat: 110.67g (170.26%), Saturated Fat: 39.64g (247.74%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 22.01g (8%), Sugar: 2.65g (2.95%), Cholesterol: 231.9mg (77.3%), Sodium: 5536.33mg (240.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 87.68g (175.35%), Selenium: 91.46µg (130.65%), Vitamin K: 107.53µg (102.41%), Vitamin B12: 5.61µg (93.5%), Phosphorus: 810.14mg (81.01%), Vitamin B3: 13.72mg (68.58%), Calcium: 623.33mg (62.33%), Iron: 10.1mg (56.12%), Vitamin B1: 0.84mg (56.06%), Zinc: 7.83mg (52.21%), Vitamin B2: 0.69mg (40.79%), Vitamin B6: 0.69mg (34.35%), Vitamin D: 5µg (33.35%), Vitamin E: 3.93mg (26.22%), Vitamin A: 1143.35IU (22.87%), Potassium: 691.32mg (19.75%), Magnesium: 69.94mg (17.48%), Vitamin B5: 1.74mg (17.4%), Vitamin C: 14.14mg (17.13%), Copper: 0.28mg (13.79%), Manganese: 0.16mg (7.89%), Folate: 24.07µg (6.02%), Fiber: 1.03g (4.14%)