



Dinner Tonight: Autostrada Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



799 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces mortadella thin
- ☐ 4 pickled cherry peppers jarred finely chopped
- ☐ 4 ounces capicola thin
- ☐ 8 slices sourdough bread
- ☐ 2 ounces pancetta thin
- ☐ 4 ounces provolone cheese thin
- ☐ 4 ounces soppressata dry such as soppressata, in 1/16-inch thin slices

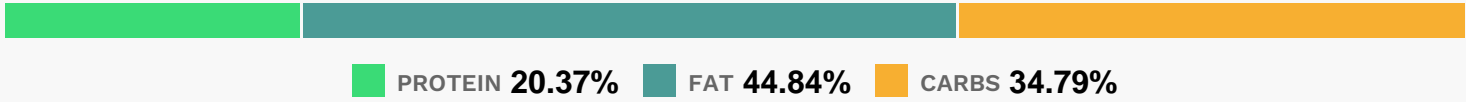
Equipment

- ☐ frying pan
- ☐ grill pan
- ☐ cutting board
- ☐ panini press

Directions

- ☐ Butter half the bread slices on one side, and lay them buttered side down on a cutting board.
- ☐ Lay half the cheese on the slices, then scatter the peppers over the cheese.
- ☐ Layer the meats over the cheese: mortadella, then coppa, then salami, then prosciutto.
- ☐ Layer the remaining cheese, then top with the rest of the bread, buttering the outside.
- ☐ Heat a panini press or ridged grill pan and lay the sandwiches (cooking in batches if necessary) inside or on top. If using a grill pan, weigh the sandwich down with a heavy skillet, such as cast iron. Cook over medium-low heat until the bread is golden and crisp, then flip to cook the other side.
- ☐ Cut the sandwiches on a diagonal and serve with a small salad, if desired.

Nutrition Facts



Properties

Glycemic Index:40.88, Glycemic Load:51.74, Inflammation Score:-6, Nutrition Score:25.581303995589%

Nutrients (% of daily need)

Calories: 798.62kcal (39.93%), Fat: 40.11g (61.71%), Saturated Fat: 16g (100%), Carbohydrates: 70.04g (23.35%), Net Carbohydrates: 66.47g (24.17%), Sugar: 6.07g (6.75%), Cholesterol: 92.42mg (30.81%), Sodium: 2921.64mg (127.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.01g (82.02%), Vitamin B1: 1.25mg (83.38%), Selenium: 57.18µg (81.68%), Vitamin B2: 0.79mg (46.23%), Vitamin B3: 9.13mg (45.64%), Folate: 161.69µg (40.42%), Phosphorus: 387.84mg (38.78%), Manganese: 0.7mg (35.17%), Iron: 6.32mg (35.09%), Calcium: 290.38mg (29.04%), Vitamin B12: 1.7µg (28.3%), Zinc: 4.2mg (28%), Vitamin B6: 0.39mg (19.41%), Magnesium: 59.95mg (14.99%), Fiber: 3.57g (14.26%), Copper: 0.27mg (13.51%), Vitamin B5: 1.07mg (10.66%), Potassium: 370.32mg (10.58%), Vitamin A: 254.72IU (5.09%), Vitamin D: 0.48µg (3.21%), Vitamin E: 0.46mg (3.05%), Vitamin K: 1.97µg (1.88%)