



WHATSheATE



Double-Grilled Antipasto Sandwiches

READY IN



30 min.

SERVINGS



30

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large baguette split cut into 4 pieces (large)
- ☐ 1 clove garlic halved (large)
- ☐ 0.5 pound marinated artichoke drained sliced
- ☐ 30 servings olive oil extra-virgin for brushing
- ☐ 0.5 pound sheets pancetta thinly sliced
- ☐ 0.5 pound provolone cheese soft sliced cut into 3-inch sticks
- ☐ 2 roasted bell peppers red cut into strips

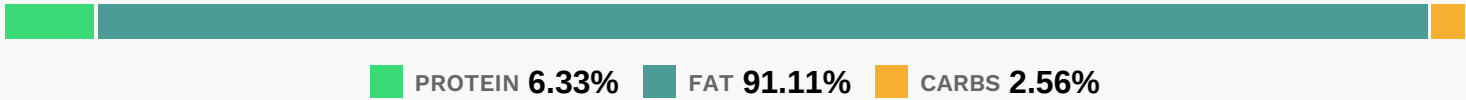
Equipment

- ☐ grill
- ☐ skewers
- ☐ grill pan

Directions

- ☐ On a work surface, lay out the prosciutto on its paper.
- ☐ Lay 3 of the provolone sticks across the bottom of each "sheet" of prosciutto.
- ☐ Roll the prosciutto tightly around the cheese and cut each roll into 3 pieces (you should have about 12 total). Thread the rolls onto 2 pairs of skewers and brush with oil.
- ☐ Light a grill or preheat a grill pan.
- ☐ Brush the cut sides of the baguette with oil. Grill the bread over moderately high heat, turning once or twice, until toasted, about 5 minutes. Rub the cut side of the garlic on the inside of the bread and top with the artichokes and roasted peppers. Grill the prosciutto and cheese skewers, turning, until the cheese is melted, 5 to 6 minutes.
- ☐ Remove the rolls from the skewers and arrange them on the bread. Close the sandwiches and serve.

Nutrition Facts



Properties

Glycemic Index:4.29, Glycemic Load:0.38, Inflammation Score:-1, Nutrition Score:2.7330434866573%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 193.32kcal (9.67%), Fat: 19.73g (30.35%), Saturated Fat: 4.31g (26.95%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.17g (0.18%), Cholesterol: 10.21mg (3.4%), Sodium: 173.98mg (7.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Vitamin E: 2.07mg (13.79%), Vitamin K: 8.63µg (8.22%), Calcium: 61.42mg (6.14%), Phosphorus: 49.98mg (5%), Selenium: 2.81µg (4.01%), Vitamin C: 2.77mg (3.35%), Vitamin A: 157.76IU (3.16%), Vitamin B12: 0.15µg (2.47%), Zinc: 0.35mg (2.31%), Vitamin B2: 0.03mg (2.03%), Vitamin B1: 0.03mg (1.93%), Vitamin B3: 0.38mg (1.88%), Vitamin B6: 0.03mg (1.61%), Iron: 0.26mg (1.44%)