



End-of-the-Week Deli Sandwich



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



285 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings arugula
- ☐ 0.7 cup pepper flakes drained sliced
- ☐ 9 ounces pancetta assorted (such as salami, mortadella, prosciutto, ham, and turkey)
- ☐ 0.3 cup mayonnaise
- ☐ 6 servings onion red thinly sliced
- ☐ 0.5 cup roasted peppers red
- ☐ 6 servings tomatoes sliced

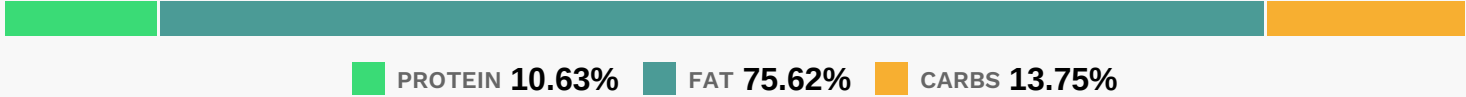
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place bread, cutside up, on baking sheet.
- ☐ Mix pesto and mayonnaise in small bowl; spread over both cut sides of bread. Arrange cheese on bottom half of bread.
- ☐ Bake bread halves until lightly toasted, about 10 minutes. Top cheese with meats, then pepperoncini, onion, tomatoes, and arugula. Cover with top half of bread.
- ☐ Cut lengthwise in half, then crosswise into 6 sandwiches.
- ☐ Per serving: 531 calories, 31 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 32, Glycemic Load: 2.5, Inflammation Score: -9, Nutrition Score: 14.549565284149%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 284.86kcal (14.24%), Fat: 24.39g (37.53%), Saturated Fat: 6.82g (42.61%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 7.25g (2.64%), Sugar: 5.92g (6.58%), Cholesterol: 31.99mg (10.66%), Sodium: 513.73mg (22.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.43%), Vitamin C: 55.61mg (67.4%), Vitamin K: 42.67µg (40.64%), Vitamin A: 1977.85IU (39.56%), Vitamin B6: 0.37mg (18.57%), Potassium: 621.72mg (17.76%), Vitamin B3: 3.08mg (15.41%), Manganese: 0.29mg (14.69%), Vitamin B1: 0.2mg (13.65%), Selenium: 8.92µg (12.74%), Phosphorus: 121.39mg (12.14%), Fiber: 2.73g (10.91%), Vitamin E: 1.62mg (10.79%), Folate: 43.06µg (10.76%),

Magnesium: 34.91mg (8.73%), Copper: 0.17mg (8.52%), Zinc: 0.93mg (6.23%), Iron: 1.09mg (6.07%), Vitamin B2: 0.1mg (5.71%), Vitamin B5: 0.5mg (4.95%), Calcium: 44.22mg (4.42%), Vitamin B12: 0.22µg (3.73%), Vitamin D: 0.19µg (1.26%)