



End-of-the-Week Deli Sandwich

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings arugula
- ☐ 8 havarti cheese thin (such as Jack, Swiss, or Havarti)
- ☐ 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

- ☐ 1 pound frangelico
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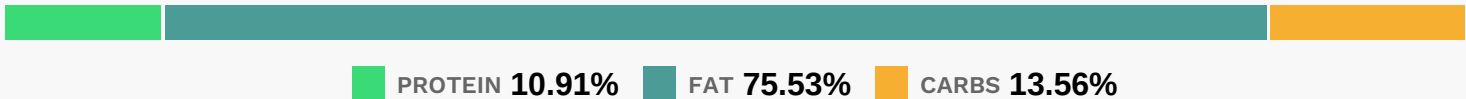
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place bread, cutside up, on baking sheet.
- ☐ Mix pesto andmayonnaise in small bowl; spread overboth cut sides of bread. Arrange cheeseon bottom half of bread.
- ☐ Bake breadhalves until lightly toasted, about 10minutes. Top cheese with meats, thenpeperoncini, onion, tomatoes, and arugula.Cover with top half of bread.
- ☐ Cut lengthwisein 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:14.702173989752%

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: 289.41kcal (14.47%), Fat: 24.75g (38.08%), Saturated Fat: 7.05g (44.05%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 7.27g (2.64%), Sugar: 5.92g (6.58%), Cholesterol: 33.16mg (11.05%), Sodium: 523.8mg (22.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Vitamin C: 55.62mg (67.41%), Vitamin K: 42.67µg (40.64%), Vitamin A: 1988.43IU (39.77%), Vitamin B6: 0.37mg (18.63%), Potassium: 622.62mg (17.79%), Vitamin B3: 3.08mg (15.42%), Manganese: 0.29mg (14.73%), Vitamin B1: 0.21mg (13.69%), Selenium: 9.03µg (12.9%), Phosphorus: 128.45mg (12.85%), Folate: 43.86µg (10.96%), Fiber: 2.73g (10.91%), Vitamin E: 1.63mg (10.86%), Magnesium: 35.27mg (8.82%), Copper: 0.17mg (8.58%), Zinc: 0.99mg (6.59%), Iron: 1.1mg (6.08%), Vitamin B2: 0.1mg (5.97%), Calcium: 52.31mg (5.23%), Vitamin B5: 0.5mg (5%), Vitamin B12: 0.24µg (4.04%), Vitamin D: 0.19µg (1.28%)