



## Family-Style Muffuletta

READY IN



45 min.

SERVINGS



6

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 cup artichoke hearts jarred coarsely chopped
- 2 cups arugula loosely packed
- 6 servings pepper black freshly ground
- 1 medium carrots grated
- 4 oz chorizo italian thinly sliced
- 16 oz ciabatta bread loaf
- 0.5 pound deli porchetta thinly sliced
- 3 tablespoons dijon mustard coarse-grained
- 3 tablespoons olive oil extra virgin

- 2 tablespoons basil fresh chopped
- 1 garlic clove minced
- 6 servings kosher salt
- 0.8 cup olives assorted chopped
- 1 tablespoon oregano fresh chopped
- 3 oz pancetta thinly sliced
- 1 oz provolone cheese
- 0.3 cup onion red sliced
- 1 tablespoon red wine vinegar

## Equipment

## Directions

- Stir together first 8 ingredients.
- Add salt and pepper to taste.
- Cut ciabatta loaf in half lengthwise. Scoop out soft bread from both halves, leaving a 1/2-inch-thick shell. (Reserve soft center of loaf for another use, if desired.)
- Spoon olive mixture into bottom half of bread loaf, and spread mustard on top half.
- Layer meats and cheese slices on top of olive mixture. Top with onions and arugula. Cover with bread top, mustard side down.
- Cut loaf into wedges or slices.
- Note: 1 cup jarred Italian olive salad, drained, may be substituted for olive mixture.

## Nutrition Facts



**PROTEIN 17.34%** **FAT 49.56%** **CARBS 33.1%**

## Properties

Glycemic Index:54.97, Glycemic Load:0.68, Inflammation Score:-9, Nutrition Score:10.907826040102%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

## **Nutrients (% of daily need)**

Calories: 514.07kcal (25.7%), Fat: 28.1g (43.22%), Saturated Fat: 8.3g (51.86%), Carbohydrates: 42.21g (14.07%), Net Carbohydrates: 38.53g (14.01%), Sugar: 1.77g (1.97%), Cholesterol: 47.86mg (15.95%), Sodium: 1741.03mg (75.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.12g (44.24%), Vitamin A: 2092.72IU (41.85%), Selenium: 15.01µg (21.44%), Vitamin K: 21.43µg (20.41%), Vitamin B1: 0.3mg (20.1%), Fiber: 3.67g (14.69%), Phosphorus: 145.85mg (14.58%), Vitamin E: 2.14mg (14.28%), Vitamin B3: 2.53mg (12.63%), Vitamin B6: 0.24mg (12.05%), Zinc: 1.36mg (9.06%), Calcium: 84.82mg (8.48%), Iron: 1.52mg (8.46%), Vitamin B2: 0.14mg (8%), Manganese: 0.16mg (7.9%), Potassium: 248.03mg (7.09%), Vitamin B12: 0.38µg (6.36%), Magnesium: 23.98mg (6%), Copper: 0.09mg (4.43%), Vitamin B5: 0.38mg (3.82%), Folate: 15.19µg (3.8%), Vitamin C: 2.6mg (3.15%), Vitamin D: 0.34µg (2.3%)