



## Focaccia Sandwiches

READY IN



45 min.

SERVINGS



12

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 32 ounce bread dough frozen thawed
- 1 bell pepper green thinly sliced
- 0.7 cup spring onion thinly sliced
- 0.5 pound deli honey ham thinly sliced
- 12 ounce marinated artichoke drained
- 0.5 pound mozzarella cheese thinly sliced
- 0.3 cup olive oil
- 2.3 ounce olives ripe sliced canned
- 0.7 cup parmesan cheese freshly grated

- 10 ounce pepperoncini peppers drained
- 10 ounce pepperoncini peppers drained
- 0.5 cup tomato sauce
- 6 plum tomatoes thinly sliced
- 0.5 pound provolone cheese thinly sliced
- 1 onion thinly sliced
- 12 ounce bell pepper sweet red drained sliced
- 0.5 pound genoa salami hard thinly sliced

## Equipment

- frying pan
- oven
- wooden spoon

## Directions

- Roll each loaf of dough to a 15- x 10-inch rectangle; fit each into a 15- x 10-inch jellyroll pan. Punch dough several times with the end of a wooden spoon.
- Spread pizza sauce over dough; sprinkle with Parmesan cheese and green onions.
- Drizzle with oil.
- Let rise in a warm place (85), free from drafts, 30 minutes or until doubled in bulk.
- Bake at 450 for 10 to 12 minutes; cool.
- Cut each into 12 pieces.
- Arrange salami and next 10 ingredients on a tray; serve with focaccia.

## Nutrition Facts



**PROTEIN 17.61%** **FAT 50.19%** **CARBS 32.2%**

## Properties

Glycemic Index:22.17, Glycemic Load:1.46, Inflammation Score:-9, Nutrition Score:21.39217402624%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

## Nutrients (% of daily need)

Calories: 589.38kcal (29.47%), Fat: 32.36g (49.78%), Saturated Fat: 11.24g (70.24%), Carbohydrates: 46.69g (15.56%), Net Carbohydrates: 41.28g (15.01%), Sugar: 4.66g (5.18%), Cholesterol: 59.45mg (19.82%), Sodium: 1609.68mg (69.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.54g (51.08%), Vitamin C: 95.97mg (116.33%), Vitamin A: 2089.49IU (41.79%), Calcium: 319.94mg (31.99%), Phosphorus: 319.19mg (31.92%), Vitamin B6: 0.53mg (26.26%), Vitamin B1: 0.38mg (25.44%), Selenium: 17.35µg (24.78%), Vitamin K: 25.51µg (24.3%), Vitamin B12: 1.43µg (23.87%), Fiber: 5.41g (21.65%), Zinc: 2.95mg (19.68%), Vitamin B2: 0.31mg (18.22%), Vitamin B3: 3.2mg (16.02%), Vitamin E: 2.4mg (16%), Potassium: 509.09mg (14.55%), Folate: 43.25µg (10.81%), Magnesium: 38.74mg (9.69%), Manganese: 0.19mg (9.31%), Iron: 1.54mg (8.54%), Copper: 0.16mg (7.78%), Vitamin B5: 0.72mg (7.22%), Vitamin D: 0.33µg (2.2%)