



Fried Mortadella and Salami Sliders

READY IN



15 min.

SERVINGS



8

CALORIES



529 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings dill pickle chips for topping
- ☐ 4 slices havarti cheese thick
- ☐ 6 ounces mortadella thick in 2 slices
- ☐ 8 servings potato chips for topping
- ☐ 6 ounces genoa salami thick in 2 slices
- ☐ 0.3 cup mustard stone-ground
- ☐ 8 slider rolls split

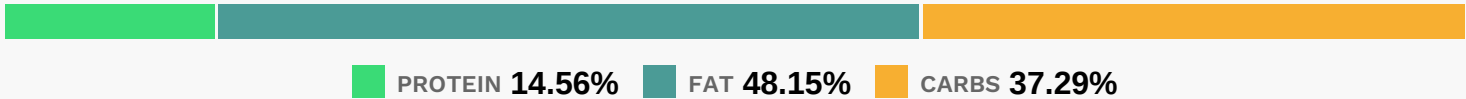
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Fry the salami until it begins to get crisp and render some fat, 2 to 3 minutes; flip it and top with 2 slices of havarti. Cook until the cheese melts, 2 to 3 minutes.
- ☐ Remove from the pan and quarter each piece; set aside. Repeat the process with the mortadella and the remaining cheese.
- ☐ Smear the rolls with the mustard.
- ☐ Layer a slice each of fried salami and mortadella, some pickles and a few potato chips on the rolls.
- ☐ Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:23.26, Inflammation Score:-3, Nutrition Score:14.275217113288%

Nutrients (% of daily need)

Calories: 529.07kcal (26.45%), Fat: 28.37g (43.64%), Saturated Fat: 7.95g (49.72%), Carbohydrates: 49.43g (16.48%), Net Carbohydrates: 47.02g (17.1%), Sugar: 4.71g (5.24%), Cholesterol: 41.02mg (13.67%), Sodium: 1490.79mg (64.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.3g (38.6%), Iron: 11.76mg (65.34%), Selenium: 14.74µg (21.06%), Vitamin B1: 0.31mg (20.73%), Vitamin E: 3.1mg (20.66%), Phosphorus: 197mg (19.7%), Vitamin B12: 1.1µg (18.39%), Vitamin B5: 1.61mg (16.14%), Vitamin B3: 3.16mg (15.82%), Vitamin B6: 0.32mg (15.8%), Zinc: 2.27mg (15.13%), Potassium: 487.77mg (13.94%), Manganese: 0.25mg (12.72%), Calcium: 116.3mg (11.63%), Vitamin B2: 0.19mg (10.98%), Fiber: 2.41g (9.63%), Vitamin K: 9µg (8.57%), Magnesium: 33.14mg (8.28%), Vitamin C: 6.44mg (7.81%), Copper: 0.13mg (6.69%), Folate: 19.25µg (4.81%), Vitamin A: 142.16IU (2.84%), Vitamin D: 0.25µg (1.66%)