



 **62%**
HEALTH SCORE

Garlicky Broccoli Rabe, Fresh Mozzarella, and Tomato Jam Sandwich from Cutty's

 Vegetarian  Very Healthy

READY IN



120 min.

SERVINGS



2

CALORIES



1644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound broccoli rabe
- 1 teaspoon ginger fresh grated
- 1 pound mozzarella fresh drained thinly sliced
- 4 medium cloves garlic minced
- 0.5 teaspoon ground cumin
- 0.3 teaspoon pepper black
- 2 servings kosher salt

- 2 tablespoons juice of lemon
- 2 servings olive oil extra virgin extra-virgin
- 1.5 pound plum tomatoes cored coarsely chopped
- 0.5 cup provolone cheese shredded
- 1 pinch pepper red
- 4 large hotdog buns (or any soft crusty sandwich roll) cemita-style
- 1 cup sugar

Equipment

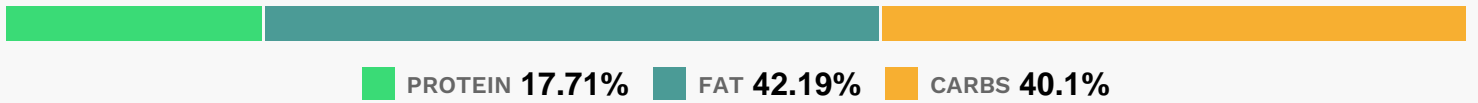
- bowl
- frying pan
- pot
- dutch oven
- salad spinner
- panini press

Directions

- Combine tomatoes, lemon juice, ginger, sugar, cumin, black pepper, pepper flakes, and salt in a medium heavy-bottomed sauce pot and cook over medium-high heat until bubbling. Reduce heat to low and gently simmer, stirring occasionally, until mixture is thick and syrupy, about 1 hour. Cool the jam, season with salt and pepper to taste.
- For the broccoli rabe: Bring a gallon of water to a boil over high heat.
- Add broccoli rabe and 2 tablespoons salt. Cook, stirring constantly until water returns to a boil, about 1 minute.
- Transfer broccoli to bowl of ice water and let sit 2 minutes.
- Drain well in a salad spinner and chop into 1-inch pieces.
- Transfer to medium bowl.
- Add garlic, pepper flakes, and olive oil to a small skillet and heat over low heat until garlic is sizzling, about 5 minutes.

- Pour garlic oil over broccoli rabe and toss to combine. Season with salt and pepper to taste, then stir in cheese.
- Split sandwich rolls.
- Spread a few tablespoons tomato jam on top side of rolls.
- Spread broccoli rabe on bottom sides and top with mozzarella. Season with salt and drizzle with olive oil. Close sandwiches and toast on a panini press or in a large skillet weighted down with a Dutch oven until crisp and melted.
- Cut as desired and serve.

Nutrition Facts



Properties

Glycemic Index:169.05, Glycemic Load:100.95, Inflammation Score:-10, Nutrition Score:58.172174184219%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 2.52mg, Naringenin: 2.52mg, Naringenin: 2.52mg, Naringenin: 2.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 1643.99kcal (82.2%), Fat: 78.55g (120.84%), Saturated Fat: 38.33g (239.59%), Carbohydrates: 167.93g (55.98%), Net Carbohydrates: 158.93g (57.79%), Sugar: 118.36g (131.51%), Cholesterol: 201.94mg (67.31%), Sodium: 2334.33mg (101.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 74.2g (148.39%), Vitamin K: 299.93µg (285.65%), Calcium: 1692.8mg (169.28%), Vitamin A: 7655.49IU (153.11%), Phosphorus: 1230.58mg (123.06%), Selenium: 69.12µg (98.74%), Vitamin B12: 5.82µg (97.05%), Vitamin C: 78.38mg (95.01%), Manganese: 1.54mg (76.77%), Vitamin B2: 1.24mg (73.05%), Zinc: 9.88mg (65.87%), Folate: 247.62µg (61.91%), Vitamin B1: 0.86mg (57.65%), Iron: 8.05mg (44.69%), Vitamin E: 6.49mg (43.3%), Potassium: 1409.2mg (40.26%), Vitamin B3: 7.34mg (36.7%), Fiber: 9g (35.99%), Vitamin B6: 0.71mg (35.72%), Magnesium: 141.69mg (35.42%), Copper: 0.41mg (20.62%), Vitamin B5: 1.21mg (12.06%), Vitamin D: 1.07µg (7.15%)