



## Genoa Salami Stacks

READY IN



25 min.

SERVINGS



24

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 24 slices crusty baguette french () (from 10-oz loaf)
- 1.5 cups lettuce shredded finely
- 0.3 cup caesar dressing
- 3 oz provolone cheese cut into fourths thin
- 4 oz genoa salami thin
- 4 plum tomatoes thinly sliced (Roma)
- 0.8 teaspoon highest available proof grain spirit
- 0.3 cup basil fresh shredded chopped

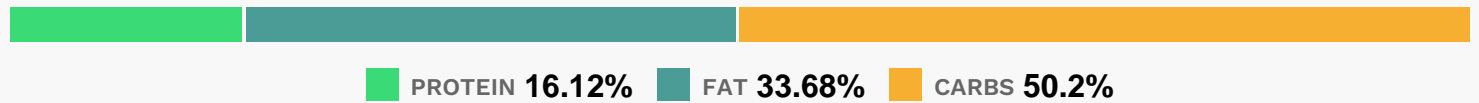
## Equipment

- bowl
- frying pan
- oven

## Directions

- Heat oven to 375°F.
- Place bread slices in ungreased 15x10x1-inch pan.
- Bake 5 to 7 minutes or until crisp; cool.
- In small bowl, mix lettuce and dressing. Top each bread slice with lettuce mixture.
- Layer cheese, salami and tomatoes on bread.
- Sprinkle with garlic-pepper blend and basil.

## Nutrition Facts



## Properties

Glycemic Index:13.45, Glycemic Load:10.8, Inflammation Score:-3, Nutrition Score:5.2165217606918%

## Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 130.93kcal (6.55%), Fat: 4.86g (7.47%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 16.28g (5.43%), Net Carbohydrates: 15.41g (5.6%), Sugar: 1.95g (2.17%), Cholesterol: 7.13mg (2.38%), Sodium: 360.92mg (15.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Vitamin B1: 0.24mg (15.8%), Selenium: 7.27µg (10.38%), Folate: 37.97µg (9.49%), Vitamin B3: 1.8mg (9.02%), Manganese: 0.18mg (8.82%), Vitamin B2: 0.13mg (7.86%), Iron: 1.27mg (7.06%), Vitamin K: 6.9µg (6.57%), Calcium: 64.65mg (6.46%), Phosphorus: 63.5mg (6.35%), Zinc: 0.6mg (4.03%), Vitamin B6: 0.07mg (3.69%), Fiber: 0.88g (3.51%), Vitamin A: 158.31IU (3.17%), Vitamin B12: 0.18µg (3.08%), Magnesium: 12.34mg (3.08%), Copper: 0.06mg (2.84%), Potassium: 95.62mg (2.73%), Vitamin B5:

0.21mg (2.06%), Vitamin C: 1.61mg (1.95%), Vitamin E: 0.28mg (1.9%)