



Genoa Salami Stacks

READY IN



25 min.

SERVINGS



24

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

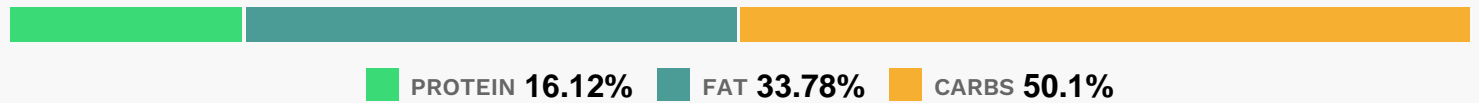
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 375F.
- 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:12.36, Glycemic Load:10.75, Inflammation Score:-3, Nutrition Score:5.2039130977962%

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: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 130.52kcal (6.53%), Fat: 4.85g (7.47%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 16.2g (5.4%), Net Carbohydrates: 15.33g (5.57%), Sugar: 1.95g (2.17%), Cholesterol: 7.13mg (2.38%), Sodium: 360.92mg (15.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.42%), Vitamin B1: 0.24mg (15.8%), Selenium: 7.28µg (10.39%), Folate: 37.82µg (9.46%), Vitamin B3: 1.79mg (8.97%), Manganese: 0.18mg (8.79%), Vitamin B2: 0.13mg (7.85%), Iron: 1.27mg (7.05%), Vitamin K: 6.89µg (6.57%), Calcium: 64.78mg (6.48%), Phosphorus: 62.97mg (6.3%), Zinc: 0.6mg (3.98%), Vitamin B6: 0.07mg (3.72%), Fiber: 0.87g (3.48%), Vitamin A: 158.28IU (3.17%), Vitamin B12: 0.18µg (3.08%), Magnesium: 12.09mg (3.02%), Copper: 0.06mg (2.81%), Potassium: 95.33mg (2.72%), Vitamin B5:

0.2mg (2.04%), Vitamin C: 1.64mg (1.99%), Vitamin E: 0.28mg (1.89%)