



Grilled Pressed Sandwich

 Vegetarian

READY IN



16 min.

SERVINGS



1

CALORIES



763 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large round crusted loaf of bread soft
- ☐ 1 tablespoon lemon zest
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons picholine olives pitted chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1 serving gray salt and pepper black freshly ground
- ☐ 4 tablespoons butter sweet softened

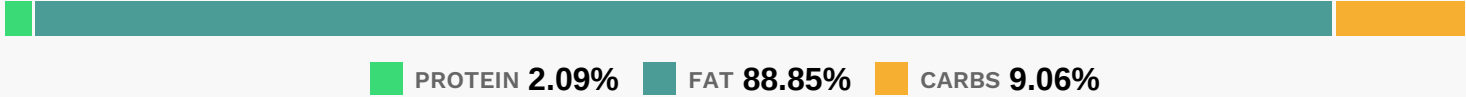
Equipment

- ☐ frying pan
- ☐ grill
- ☐ stove

Directions

- ☐ Preheat a stovetop grill or griddle.
- ☐ Cut the bread in half lengthwise. Hollow out the insides. Set aside
- ☐ Make compound butter by combining butter, olives and oregano.
- ☐ Spread and even layer of compound butter on each cut surface of bread. Reassemble the pieces.
- ☐ Brush outside of bread with the olive oil and season with salt and pepper.
- ☐ Place the bread on the griddle and top with pans or other type of weight to gently press the bread while it is toasting. Griddle or grill about 4 minutes on each side, or until golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:145.67, Glycemic Load:7.23, Inflammation Score:-10, Nutrition Score:12.260434850403%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg

Nutrients (% of daily need)

Calories: 762.63kcal (38.13%), Fat: 77.32g (118.96%), Saturated Fat: 33.23g (207.71%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 13.72g (4.99%), Sugar: 2.14g (2.38%), Cholesterol: 120.4mg (40.13%), Sodium: 744.06mg (32.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.19%), Vitamin K: 47.4µg (45.15%), Vitamin E: 6.74mg (44.94%), Vitamin A: 1534.47IU (30.69%), Manganese: 0.55mg (27.31%), Fiber: 4.01g (16.04%), Iron: 2.78mg (15.47%), Calcium: 129.4mg (12.94%), Selenium: 8.99µg (12.85%), Vitamin C: 7.89mg (9.56%), Vitamin B3: 1.84mg (9.19%), Folate: 36.24µg (9.06%), Vitamin B1: 0.13mg (8.8%), Vitamin B2: 0.12mg (6.87%), Magnesium: 26.23mg (6.56%), Phosphorus: 57mg (5.7%), Copper: 0.09mg (4.64%), Vitamin B6: 0.09mg (4.5%), Vitamin B5: 0.35mg (3.52%), Potassium: 121.25mg (3.46%), Zinc: 0.47mg (3.15%), Vitamin B12: 0.1µg (1.59%)