



Grown-up Bologna Sandwiches

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



401 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon adobo sauce finely chopped
- ☐ 1 slice un bologna cut into 1/2-inch chunks (8 ounces) ()
- ☐ 4 slices pullman bread white toasted
- ☐ 2 tablespoons dijon mustard
- ☐ 2 teaspoons honey
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons olive oil

- ☐ 0.5 cup onions chopped
- ☐ 0.5 cup white wine

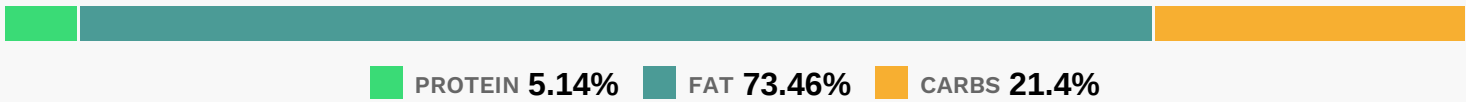
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the mayonnaise and chipotle pepper in a bowl, and blend until smooth. Refrigerate until ready to use.
- ☐ For the bologna: In a large pan on medium-high heat add the oil.
- ☐ Add the bologna chunks to the hot oil.
- ☐ Saute while tossing to brown all sides, about 8 minutes.
- ☐ Add the onions and season lightly with salt and a few grinds of pepper. Continue to toss while cooking until the onions are tender, about 5 minutes more. Stir in the mustard, and honey to coat, and then add the wine. Simmer while tossing until the wine bubbles and foams and is reduced to only a bit of sauce in the pan.
- ☐ To assemble the sandwiches, slather chipotle mayonnaise on each slice of toasted bread and top equally with the bologna. To serve as a smaller bite, cut the toasted bread into 1/4ths and continue to top as directed.

Nutrition Facts



Properties

Glycemic Index:66.73, Glycemic Load:9.3, Inflammation Score:-4, Nutrition Score:8.64913041177%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg,

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 401.13kcal (20.06%), Fat: 31.21g (48.02%), Saturated Fat: 5.12g (31.98%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 18.27g (6.64%), Sugar: 6.44g (7.16%), Cholesterol: 15.96mg (5.32%), Sodium: 462.58mg (20.11%), Alcohol: 3.09g (100%), Alcohol %: 2.9% (100%), Protein: 4.91g (9.82%), Vitamin K: 51.72µg (49.26%), Manganese: 0.44mg (22.24%), Selenium: 13.14µg (18.78%), Vitamin E: 2.01mg (13.41%), Vitamin B1: 0.16mg (10.54%), Vitamin B3: 1.84mg (9.22%), Fiber: 2.19g (8.76%), Iron: 1.55mg (8.6%), Folate: 30.33µg (7.58%), Phosphorus: 73.01mg (7.3%), Vitamin B2: 0.11mg (6.19%), Calcium: 55.94mg (5.59%), Magnesium: 21.79mg (5.45%), Vitamin B6: 0.1mg (4.97%), Zinc: 0.62mg (4.14%), Potassium: 132.1mg (3.77%), Vitamin B5: 0.37mg (3.71%), Copper: 0.07mg (3.38%), Vitamin B12: 0.16µg (2.68%), Vitamin C: 1.64mg (1.99%)