



Hot Antipasto Heros

READY IN



30 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 inch loaves bread italian
- ☐ 0.5 cup olive paste store-bought
- ☐ 0.3 cup olive oil
- ☐ 2 small onions halved lengthwise thinly sliced
- ☐ 0.5 teaspoon oregano crumbled
- ☐ 8 bottled pepperoncini drained chopped (pickled Tuscan peppers, available at most supermarkets)
- ☐ 1 bell pepper diced red seeded
- ☐ 1.3 cups genoa salami smoked diced (or a combination)
- ☐ 1.5 cups whole-milk mozzarella shredded

☐ 1 tablespoon plus 1 teaspoon red wine vinegar

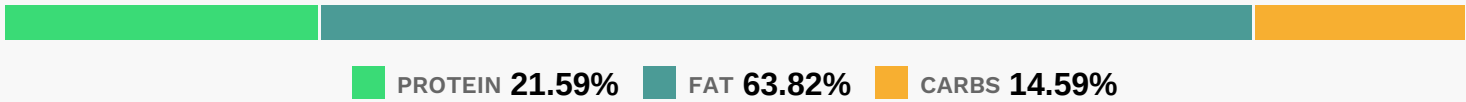
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ serrated knife

Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ In a heavy skillet, cook the onion and bell pepper in the oil over moderately low heat, stirring occasionally, until it is softened. While the onion and pepper are cooking, in a bowl stir together the salami, mozzarella, pepperoncini, oregano, and vinegar.
- ☐ Add the onion-pepper mixture.
- ☐ Cut each piece of bread horizontally with a serrated knife without slicing all the way through, remove some of the soft inner white bread, and arrange the bread pieces cut sides up in a jelly-roll pan.
- ☐ Spread the bread with the olive paste.
- ☐ Spread the antipasto mixture on both sides of each piece of bread and bake the heros in preheated oven for 5 minutes. Season the heros with salt and pepper and re-form them, pressing the 2 sides together.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:18.960869415947%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg

Nutrients (% of daily need)

Calories: 445.94kcal (22.3%), Fat: 31.81g (48.93%), Saturated Fat: 9.31g (58.21%), Carbohydrates: 16.36g (5.45%), Net Carbohydrates: 13.05g (4.75%), Sugar: 8.47g (9.41%), Cholesterol: 37.38mg (12.46%), Sodium: 1228.48mg (53.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.21g (48.42%), Vitamin C: 57.23mg (69.38%), Calcium: 429.41mg (42.94%), Phosphorus: 394.83mg (39.48%), Vitamin B1: 0.43mg (28.59%), Selenium: 17.85µg (25.5%), Vitamin A: 1208.25IU (24.16%), Vitamin B12: 1.44µg (24.08%), Zinc: 3.47mg (23.1%), Vitamin B6: 0.44mg (22.18%), Vitamin B2: 0.31mg (18.35%), Vitamin E: 2.66mg (17.76%), Vitamin B3: 3.44mg (17.19%), Fiber: 3.3g (13.21%), Vitamin K: 13.86µg (13.2%), Potassium: 390.19mg (11.15%), Folate: 41.32µg (10.33%), Magnesium: 36.16mg (9.04%), Iron: 1.42mg (7.88%), Manganese: 0.14mg (6.95%), Vitamin B5: 0.59mg (5.92%), Copper: 0.11mg (5.71%)