

Hot Muffuletta

READY IN



45 min.

SERVINGS



4

CALORIES



887 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 large crusty rolls split
- 0.3 cup parsley fresh chopped
- 1 clove garlic minced
- 10 ounces olives green with pimientos, drained and chopped
- 0.5 pound ham sliced
- 3 tablespoons olive oil
- 1.5 teaspoons oregano dried
- 0.5 pound provolone cheese sliced
- 0.5 pound genoa salami hard sliced

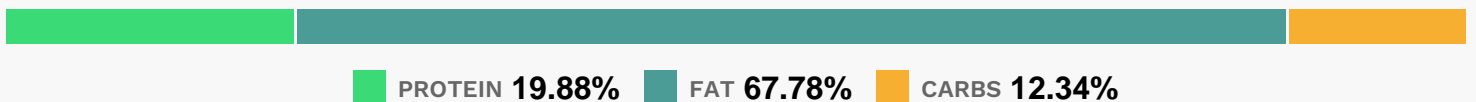
Equipment

- bowl
- oven
- aluminum foil

Directions

- Heat the oven to 35
- In a small bowl, combine the chopped olives with the oregano, garlic, oil, and parsley.
- Spread some of the olive mixture on the bottom half of each roll.
- Top the olive salad with the salami, ham, and provolone. Cover with the tops of the rolls and then wrap each sandwich in aluminum foil.
- Bake until the cheese melts, about 15 minutes.
- Variations: * Instead of heating the sandwiches, serve them the more traditional way--at room temperature. : * Use a combination of chopped, pitted black olives, such as Kalamata, and green olives with pimientos in the salad for both color and flavor.
- Wine Recommendation: Beaujolais has been called the perfect picnic wine. An exuberantly fruity bottle suits this jazzed-up ham-and-cheese sandwich perfectly.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.7, Inflammation Score:-9, Nutrition Score:31.223913296409%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 886.71kcal (44.34%), Fat: 66.97g (103.03%), Saturated Fat: 23.15g (144.66%), Carbohydrates: 27.43g (9.14%), Net Carbohydrates: 23.26g (8.46%), Sugar: 0.9g (1%), Cholesterol: 119.07mg (39.69%), Sodium: 3721.69mg (161.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.2g (88.4%), Vitamin B1: 1.12mg (74.98%), Vitamin K: 75.51µg (71.91%), Selenium: 48.27µg (68.96%), Phosphorus: 575.79mg (57.58%), Calcium: 534.58mg (53.46%), Vitamin B12: 2.78µg (46.3%), Zinc: 6.01mg (40.08%), Vitamin B3: 7.92mg (39.6%), Vitamin B2: 0.64mg (37.46%), Vitamin E: 4.84mg (32.28%), Vitamin B6: 0.63mg (31.4%), Vitamin A: 1106.21IU (22.12%), Iron: 3.62mg (20.1%), Manganese: 0.35mg (17.48%), Fiber: 4.17g (16.69%), Folate: 66.72µg (16.68%), Potassium: 566.85mg (16.2%), Copper: 0.31mg (15.41%), Magnesium: 59.61mg (14.9%), Vitamin B5: 1.37mg (13.67%), Vitamin C: 5.24mg (6.35%), Vitamin D: 0.68µg (4.54%)