

the best sandwiches ever—from thursday nights at campanile



Ino's Pancetta, Lettuce, and Tomato Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounces arugula loosely packed
- ☐ 1 garlic clove peeled
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra virgin extra-virgin for drizzling over the tomatoes
- ☐ 8 ounces pancetta sliced into 16 1/4-inch-thick slices
- ☐ 8 slices sourdough bread whole-wheat white

Equipment

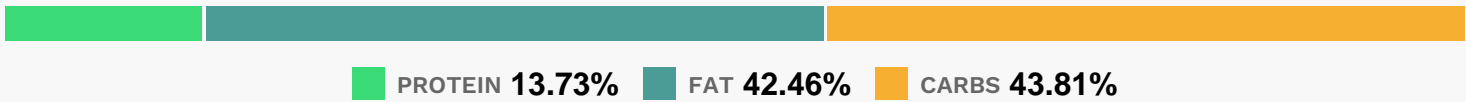
- ☐ baking sheet

☐ grill

Directions

- ☐ Place the slices of pancetta about 1/2 inch apart from each other on a baking sheet. Cook them for about 20 minutes, until they're cooked through, but not crisp.
- ☐ Drizzle the olive oil over the tomato slices, and sprinkle them with salt. Allow them to sit for 5-10 minutes.
- ☐ To assemble the sandwiches: Spoon about 1 tablespoon of the lemon aioli on one side of each slice of bread. Arrange the slices of pancetta on the bottom of the slices of bread, and place tomato slices over it. Arrange the arugula on top and cover with the top slice of bread.
- ☐ Spread the outer slices of bread with softened butter and grill in a panini machine, or brush with olive oil and grill on a charcoal or gas grill.
- ☐ Cut each sandwich in half on the diagonal.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ She and her business partner, Caroline Styne, also run the restaurant A.O.C. in Los Angeles, where Goin lives with her husband, David Lentz.Teri Gelber is a food writer and public-radio producer living in Los Angeles.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:51.33, Inflammation Score:-6, Nutrition Score:20.181304594745%

Flavonoids

Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg, Kaempferol: 2.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 618.42kcal (30.92%), Fat: 29.15g (44.85%), Saturated Fat: 8.71g (54.41%), Carbohydrates: 67.66g (22.55%), Net Carbohydrates: 64.72g (23.53%), Sugar: 6.07g (6.74%), Cholesterol: 37.42mg (12.47%), Sodium: 1438.7mg (62.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.21g (42.42%), Vitamin B1: 1.07mg (71.33%),

Selenium: 48.13µg (68.76%), Vitamin B3: 8.48mg (42.38%), Folate: 164.34µg (41.08%), Manganese: 0.71mg (35.65%), Vitamin B2: 0.6mg (35.26%), Iron: 5.38mg (29.86%), Phosphorus: 220.88mg (22.09%), Vitamin B6: 0.3mg (15.11%), Zinc: 2.04mg (13.62%), Magnesium: 51.29mg (12.82%), Fiber: 2.95g (11.78%), Copper: 0.23mg (11.31%), Vitamin K: 10.74µg (10.23%), Potassium: 291.28mg (8.32%), Calcium: 82.31mg (8.23%), Vitamin B5: 0.78mg (7.78%), Vitamin E: 1.05mg (6.98%), Vitamin B12: 0.28µg (4.72%), Vitamin A: 189.23IU (3.78%), Vitamin C: 1.3mg (1.57%), Vitamin D: 0.23µg (1.51%)