



Italian Club Sandwich

 Gluten Free

READY IN



31 min.

SERVINGS



4

CALORIES



911 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 bacon cooked cut in half
- ☐ 0.3 cup dressing italian
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 pound mortadella thinly sliced
- ☐ 0.5 cup mustard
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 4 servings garnish: pimiento-stuffed olives green
- ☐ 3 plum tomatoes sliced

- ☐ 4 ounce provolone cheese
- ☐ 4 servings romaine lettuce leaves
- ☐ 0.5 pound genoa salami thinly sliced

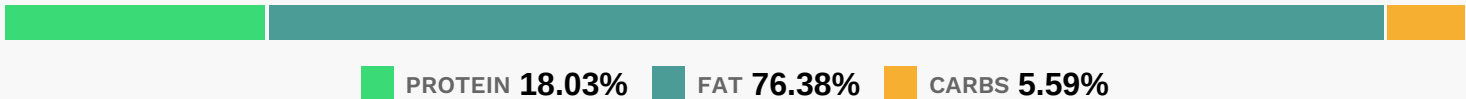
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Cut bread diagonally into 12 (1/4-inch-thick) slices; arrange on a baking sheet.
- ☐ Brush slices evenly with Italian dressing, and sprinkle with Parmesan cheese.
- ☐ Bake at 375 for 5 to 6 minutes or until lightly toasted.
- ☐ Spread untoasted sides of bread slices evenly with mayonnaise and mustard.
- ☐ Layer 4 bread slices, mayonnaise side up, with salami, mortadella, and provolone. Top with 4 bread slices, mayonnaise side up; layer with lettuce, tomato, and bacon. Top with remaining 4 bread slices, mayonnaise side down.
- ☐ Cut in half, and secure with wooden picks.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:1.63, Inflammation Score:-10, Nutrition Score:35.216521760692%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 910.61kcal (45.53%), Fat: 77.33g (118.97%), Saturated Fat: 24.51g (153.18%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 8.4g (3.06%), Sugar: 4.76g (5.28%), Cholesterol: 129.37mg (43.12%), Sodium: 3585.68mg (155.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.07g (82.15%), Vitamin A: 8235.51IU (164.71%), Vitamin K: 147.08µg (140.08%), Selenium: 53.35µg (76.22%), Vitamin B1: 0.84mg (56.01%), Vitamin B12: 3.15µg (52.48%), Phosphorus: 524.52mg (52.45%), Calcium: 399.18mg (39.92%), Zinc: 5.74mg (38.27%), Vitamin B3: 7.22mg (36.1%), Folate: 133.01µg (33.25%), Vitamin B6: 0.64mg (31.94%), Vitamin B2: 0.52mg (30.75%), Potassium: 826.55mg (23.62%), Iron: 3.54mg (19.66%), Manganese: 0.39mg (19.29%), Vitamin E: 2.75mg (18.32%), Magnesium: 70.44mg (17.61%), Fiber: 4.34g (17.37%), Vitamin B5: 1.51mg (15.1%), Copper: 0.28mg (13.75%), Vitamin C: 9.95mg (12.07%), Vitamin D: 0.87µg (5.8%)