



Italian Country Sandwich

READY IN



10 min.

SERVINGS



4

CALORIES



763 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

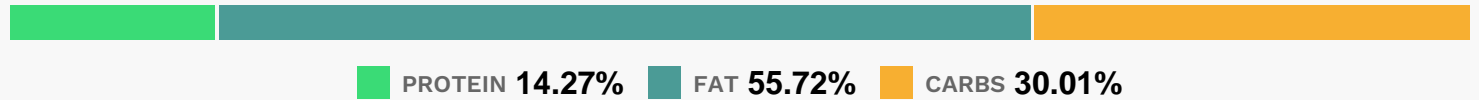
- 1 lb ciabatta bread italian peasant-style
- 0.3 cup olive oil plain
- 0.3 lb pancetta thinly sliced
- 0.3 lb provolone cheese sliced
- 1 small onion red thinly sliced
- 0.3 lb genoa salami hard thinly sliced

Equipment

Directions

- Cut bread loaf horizontally in half.
- Drizzle oil over cut sides of bread.
- Layer salami, cheese, prosciutto and onion on bottom of bread; add top of bread.
- Cut loaf into 4 pieces.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.86, Inflammation Score:-3, Nutrition Score:11.04304352014%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 762.91kcal (38.15%), Fat: 47.17g (72.57%), Saturated Fat: 14.94g (93.36%), Carbohydrates: 57.18g (19.06%), Net Carbohydrates: 55.46g (20.17%), Sugar: 1.32g (1.47%), Cholesterol: 60.67mg (20.22%), Sodium: 1591.58mg (69.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.18g (54.36%), Phosphorus: 254.33mg (25.43%), Selenium: 17.15µg (24.5%), Vitamin B1: 0.36mg (24%), Calcium: 225.93mg (22.59%), Vitamin B12: 1.35µg (22.49%), Vitamin E: 2.78mg (18.56%), Zinc: 2.49mg (16.58%), Vitamin B6: 0.28mg (14.25%), Vitamin B3: 2.8mg (14.02%), Vitamin B2: 0.21mg (12.64%), Vitamin K: 11.57µg (11.02%), Potassium: 242.75mg (6.94%), Fiber: 1.71g (6.86%), Vitamin B5: 0.63mg (6.27%), Vitamin A: 260.52IU (5.21%), Magnesium: 20.33mg (5.08%), Iron: 0.79mg (4.39%), Copper: 0.08mg (3.77%), Manganese: 0.06mg (3.06%), Vitamin C: 2.04mg (2.47%), Folate: 8.63µg (2.16%), Vitamin D: 0.26µg (1.7%)