



## Italian Party Sub

READY IN



20 min.

SERVINGS



4

CALORIES



1734 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 pound capicola sliced
- 2.3 cups giardiniera italian drained chopped ( pickled vegetables)
- 1 loaf bread italian
- 0.5 pound mortadella sliced
- 2 tablespoons olive oil extra-virgin
- 1 cup cerignola olives green black pitted sliced ( and )
- 0.5 cup peppadew peppers jarred chopped
- 0.3 pound pancetta sliced
- 0.3 pound aged provolone cheese sliced

- 2 cups romaine lettuce chopped
- 0.3 pound genoa salami hot sliced

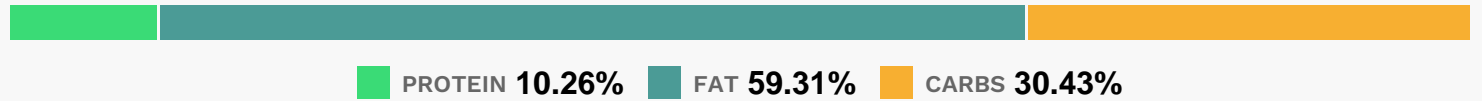
## Equipment

- bowl
- skewers

## Directions

- Split the bread in half lengthwise. Top the bottom half with the mortadella, capicola, salami, prosciutto and provolone. Toss the giardiniera in a bowl with the olives, peppers and olive oil. Tear out the soft center of the top bread half to make a shell. Pack the lettuce into the center of the bread and top with the giardiniera mixture. Carefully put the two sandwich halves together, pressing to keep the filling inside. Secure with small skewers and cut into pieces.
- Photograph by Con Poulos

## Nutrition Facts



## Properties

Glycemic Index:23.25, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:24.770869503851%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Nutrients (% of daily need)

Calories: 1733.5kcal (86.67%), Fat: 139.24g (214.21%), Saturated Fat: 43.32g (270.74%), Carbohydrates: 160.75g (53.58%), Net Carbohydrates: 154.86g (56.31%), Sugar: 36.06g (40.07%), Cholesterol: 117.65mg (39.22%), Sodium: 6580.77mg (286.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.21g (108.41%), Vitamin A: 2508.36IU (50.17%), Vitamin B3: 9.63mg (48.13%), Selenium: 30.22µg (43.17%), Vitamin B1: 0.61mg (40.53%), Vitamin B12: 2.19µg (36.48%), Phosphorus: 355.38mg (35.54%), Vitamin C: 28.65mg (34.73%), Vitamin K: 31.68µg (30.17%), Folate: 111.29µg (27.82%), Zinc: 3.95mg (26.33%), Iron: 4.64mg (25.78%), Calcium: 256.87mg (25.69%), Vitamin B2: 0.42mg (24.68%), Fiber: 5.89g (23.55%), Vitamin B6: 0.4mg (19.77%), Potassium: 645.47mg (18.44%), Vitamin E: 2.71mg (18.03%), Magnesium: 51.93mg (12.98%), Vitamin B5: 0.9mg (9.02%), Copper: 0.16mg (8.14%), Vitamin D:

0.82µg (5.48%), Manganese: 0.1mg (5.1%)