



## Italian Stuffed Sandwich Wedges

READY IN



210 min.

SERVINGS



8

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup olives black ripe chopped
- 22 ounce bread crumbs italian
- 0.3 cup flat parsley italian chopped
- 1 teaspoon garlic minced
- 2 teaspoons juice of lemon
- 0.3 pound mozzarella cheese sliced
- 0.3 cup olive oil pure crisco®
- 1 teaspoon oregano dried
- 0.5 teaspoon pepper

- 0.3 pound pepperoni sliced
- 0.5 cup pimiento stuffed olives chopped
- 0.3 teaspoon pepper red crushed
- 12 ounce roasted peppers red drained
- 0.3 pound genoa salami sliced

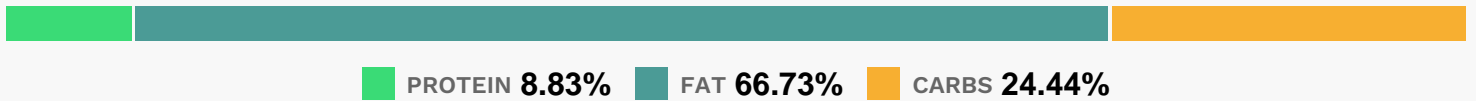
## Equipment

- bowl
- plastic wrap

## Directions

- Cut bread in half horizontally. Scoop out bottom and top, leaving a 1/2-inch thick shell.
- Combine oil, green olives, ripe olives, parsley, oregano, pepper, crushed red pepper flakes, lemon juice and garlic in medium bowl. Stir to mix well.
- Spoon half the olive mixture into bread shell. Top with salami, cheese, roasted red peppers, pepperoni and the remaining olive mixture. Cover with bread top. Wrap tightly in plastic wrap and chill at least 3 hours or overnight.
- Cut loaf into wedges.
- Serve.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:0.27, Inflammation Score:-7, Nutrition Score:13.69695649458%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 721.02kcal (36.05%), Fat: 53.78g (82.74%), Saturated Fat: 22.64g (141.51%), Carbohydrates: 44.32g (14.77%), Net Carbohydrates: 40.29g (14.65%), Sugar: 24.39g (27.1%), Cholesterol: 36.15mg (12.05%), Sodium: 1770.25mg (76.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.02g (32.04%), Vitamin K: 39.38µg (37.51%), Vitamin C: 22.87mg (27.73%), Vitamin B3: 5.35mg (26.73%), Vitamin B1: 0.3mg (20.08%), Fiber: 4.03g (16.12%), Folate: 62.15µg (15.54%), Iron: 2.78mg (15.47%), Vitamin B12: 0.9µg (15.07%), Selenium: 10.49µg (14.98%), Vitamin E: 2.2mg (14.66%), Phosphorus: 145.58mg (14.56%), Vitamin B2: 0.21mg (12.47%), Vitamin B6: 0.23mg (11.33%), Vitamin A: 564.79IU (11.3%), Calcium: 110.51mg (11.05%), Zinc: 1.63mg (10.87%), Potassium: 360.84mg (10.31%), Manganese: 0.21mg (10.27%), Magnesium: 30.38mg (7.6%), Copper: 0.12mg (6.03%), Vitamin B5: 0.37mg (3.74%), Vitamin D: 0.24µg (1.61%)