



Italian-Style Sandwiches

READY IN



15 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

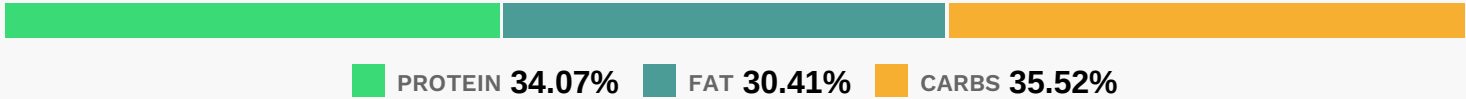
- ☐ 1.3 cups arugula packed
- ☐ 12 oz ciabatta rolls
- ☐ 5.3 oz goat cheese
- ☐ 2 tablespoons basil pesto refrigerated with basil
- ☐ 1 pound pork loin thinly sliced (24 slices)
- ☐ 0.3 small onion red thinly sliced
- ☐ 0.5 cup roasted peppers red jarred

Equipment

Directions

- ☐ Stir together goat cheese and pesto.
- ☐ Spread goat cheese-and-pesto mixture on cut sides of rolls.
- ☐ Layer pork roast, arugula, and remaining ingredients on bottom halves of rolls. Cover with top halves of rolls.
- ☐ *1 lb. thinly sliced Slow-Cooker Pork Butt Roast may be substituted.
- ☐ Note: For testing purposes only we used Buitoni Pesto With Basil and Cobblestone Mill Ciabatta
- ☐ Rolls.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:16.484347649243%

Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 480.2kcal (24.01%), Fat: 16g (24.61%), Saturated Fat: 7.73g (48.29%), Carbohydrates: 42.06g (14.02%), Net Carbohydrates: 40.57g (14.75%), Sugar: 1g (1.11%), Cholesterol: 89.32mg (29.77%), Sodium: 922.31mg (40.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.32g (80.65%), Vitamin B6: 0.99mg (49.72%), Selenium: 32.57µg (46.53%), Phosphorus: 360.27mg (36.03%), Vitamin B1: 0.54mg (35.94%), Vitamin B3: 6.8mg (34%), Vitamin B2: 0.37mg (21.63%), Copper: 0.37mg (18.56%), Zinc: 2.46mg (16.41%), Vitamin A: 788.56IU (15.77%), Potassium: 494.06mg (14.12%), Vitamin C: 9.65mg (11.69%), Vitamin B5: 1.14mg (11.44%), Vitamin B12: 0.65µg (10.83%), Magnesium: 41.24mg (10.31%), Iron: 1.62mg (9.01%), Calcium: 89.76mg (8.98%), Vitamin K: 7.97µg (7.59%), Fiber: 1.49g (5.96%), Manganese: 0.1mg (5.19%), Vitamin D: 0.6µg (4.03%), Folate: 15.08µg (3.77%), Vitamin E: 0.25mg (1.63%)