



Italian Sub Salad

READY IN



50 min.

SERVINGS



8

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups unseasoned bread cubes
- 1 ounce capicola sliced cut into thin strips
- 0.8 cup basil leaves fresh
- 2.3 cups giardiniera italian drained chopped (pickled vegetables)
- 2 ounces mortadella sliced cut into thin strips
- 2 tablespoons olive oil extra-virgin
- 0.5 cup cerignola olives green black pitted sliced (and)
- 0.5 cup peppadew peppers jarred chopped
- 2 ounces pancetta sliced cut into thin strips

- 2 ounce aged provolone shaved with a vegetable peeler
- 1 large head romaine lettuce shredded
- 1 ounce genoa salami hot sliced cut into thin strips

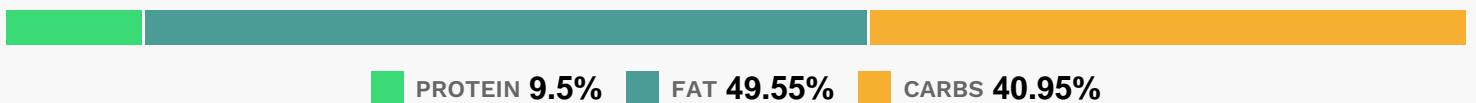
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat the oven to 400 degrees F. Toss the bread cubes and 1 tablespoon olive oil in a bowl.
- Spread on a rimmed baking sheet and bake, tossing occasionally, until crisp, 8 to 10 minutes.
- Let cool.
- Meanwhile, toss the giardiniera in a large bowl with the basil, olives, peppers, romaine, mortadella, prosciutto, capicola, salami, provolone and the remaining 1 tablespoon olive oil.
- Drizzle with the giardiniera brine and toss.
- Let sit about 20 minutes to let the flavors combine.
- Add the croutons to the salad and toss. Divide among bowls.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:27.71, Glycemic Load:5.52, Inflammation Score:-10, Nutrition Score:17.989130367403%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 413.79kcal (20.69%), Fat: 33.16g (51.02%), Saturated Fat: 4.4g (27.52%), Carbohydrates: 61.65g (20.55%), Net Carbohydrates: 58.7g (21.34%), Sugar: 2.45g (2.72%), Cholesterol: 19.49mg (6.5%), Sodium: 2224.94mg (96.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.31g (28.62%), Vitamin A: 7067.29IU (141.35%), Vitamin K: 93.76µg (89.29%), Folate: 127.98µg (31.99%), Vitamin C: 17.43mg (21.13%), Manganese: 0.41mg (20.74%), Selenium: 11.4µg (16.28%), Vitamin B1: 0.21mg (14.19%), Fiber: 2.96g (11.82%), Calcium: 117.08mg (11.71%), Phosphorus: 114.37mg (11.44%), Vitamin B3: 2.19mg (10.94%), Iron: 1.93mg (10.74%), Vitamin B2: 0.16mg (9.49%), Potassium: 298.16mg (8.52%), Vitamin B6: 0.16mg (8.05%), Vitamin E: 1.08mg (7.21%), Zinc: 1.04mg (6.95%), Magnesium: 27.26mg (6.81%), Vitamin B12: 0.34µg (5.72%), Copper: 0.11mg (5.42%), Vitamin B5: 0.44mg (4.41%)