



Layered Italian Sandwich

READY IN



65 min.

SERVINGS



6

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 flour (8 inches in diameter)
- ☐ 7 ounces basil pesto refrigerated
- ☐ 4 ounces genoa salami hard sliced
- ☐ 6 romaine leaves
- ☐ 4 plum tomatoes sliced (Roma)
- ☐ 6 ounces turkey smoked thinly sliced
- ☐ 4 ounces provolone cheese sliced

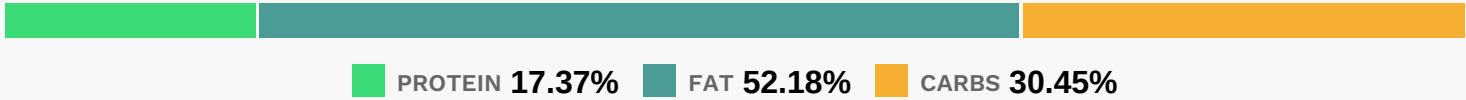
Equipment

☐ plastic wrap

Directions

- ☐ Cut focaccia horizontally in half.
- ☐ Spread pesto on both cut sides of focaccia.
- ☐ Layer salami, lettuce, tomatoes, turkey and cheese on bottom of focaccia; add top of focaccia. Wrap in plastic wrap and refrigerate at least 1 hour to blend flavors.
- ☐ Cut into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:12.97, Inflammation Score:-9, Nutrition Score:11.787391476009%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 483.03kcal (24.15%), Fat: 28.08g (43.2%), Saturated Fat: 7.9g (49.38%), Carbohydrates: 36.88g (12.29%), Net Carbohydrates: 34.54g (12.56%), Sugar: 3.58g (3.97%), Cholesterol: 45.11mg (15.04%), Sodium: 1260.23mg (54.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.03g (42.06%), Vitamin A: 2965.64IU (59.31%), Calcium: 213.58mg (21.36%), Phosphorus: 190.74mg (19.07%), Vitamin B12: 1.05µg (17.51%), Selenium: 11.97µg (17.1%), Vitamin B1: 0.23mg (15.22%), Vitamin B3: 2.97mg (14.83%), Vitamin B6: 0.3mg (14.77%), Zinc: 1.88mg (12.54%), Vitamin C: 9.98mg (12.1%), Vitamin B2: 0.19mg (11.3%), Fiber: 2.34g (9.35%), Potassium: 287.13mg (8.2%), Manganese: 0.14mg (6.83%), Iron: 1.04mg (5.76%), Magnesium: 22.15mg (5.54%), Vitamin B5: 0.49mg (4.9%), Folate: 19µg (4.75%), Copper: 0.08mg (3.75%), Vitamin K: 3.68µg (3.51%), Vitamin E: 0.36mg (2.38%), Vitamin D: 0.15µg (1.03%)