



Make-Ahead Dagwood Sandwiches

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 asiago cheese such as focaccia, ciabatta or asiago cheese bread (1 lb each,)
- ☐ 6.5 oz alouette garlic & herbs spreadable cheese
- ☐ 1 lb turkey smoked thinly sliced
- ☐ 8 oz provolone cheese sliced
- ☐ 8 oz genoa salami thinly sliced
- ☐ 0.3 cup basil fresh loosely packed
- ☐ 8 slices bacon cooked
- ☐ 1 onion sweet separated thinly sliced

- ☐ 3 small plum tomatoes sliced (Roma)
- ☐ 4 cups arugula packed
- ☐ 0.5 cup basil pesto

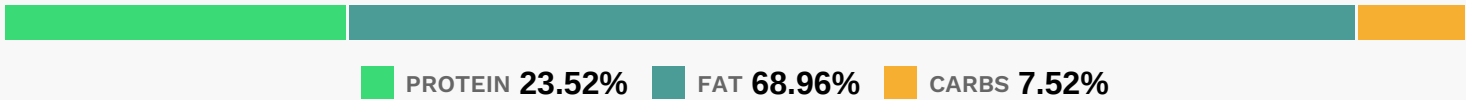
Equipment

- ☐ frying pan
- ☐ toothpicks
- ☐ ziploc bags
- ☐ skewers
- ☐ serrated knife

Directions

- ☐ With long serrated knife, cut bread in half horizontally.
- ☐ Spread cut side of each bread bottom with half of the spreadable cheese. Overlapping slices, arrange remaining ingredients except pesto in order listed over each bread bottom.
- ☐ Spread cut side of each bread top with half of the pesto, and place over arugula.
- ☐ Place each whole loaf in large food-storage plastic bag; seal and refrigerate topped with cast-iron skillet or other heavy weight up to 24 hours.
- ☐ When ready to serve, cut each loaf into 6 equal sandwiches. Secure sandwiches with toothpicks or small skewers.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.4, Inflammation Score:-6, Nutrition Score:10.384782568268%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin:

0.33mg, Myricetin: 0.33mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 313.51kcal (15.68%), Fat: 24.09g (37.07%), Saturated Fat: 10.22g (63.85%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 5.19g (1.89%), Sugar: 2.38g (2.65%), Cholesterol: 70.21mg (23.4%), Sodium: 871.74mg (37.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.49g (36.98%), Selenium: 16.16µg (23.08%), Phosphorus: 222.9mg (22.29%), Vitamin B12: 1.19µg (19.88%), Vitamin B3: 3.85mg (19.25%), Calcium: 186.11mg (18.61%), Vitamin B6: 0.36mg (18.05%), Vitamin B1: 0.24mg (16.15%), Zinc: 2.15mg (14.32%), Vitamin A: 706.91IU (14.14%), Vitamin B2: 0.2mg (11.78%), Vitamin K: 11.07µg (10.54%), Potassium: 280.04mg (8%), Vitamin B5: 0.64mg (6.39%), Magnesium: 25.53mg (6.38%), Vitamin C: 4.54mg (5.5%), Iron: 0.91mg (5.07%), Folate: 19.63µg (4.91%), Copper: 0.09mg (4.65%), Manganese: 0.09mg (4.27%), Fiber: 0.71g (2.86%), Vitamin E: 0.21mg (1.42%), Vitamin D: 0.2µg (1.31%)