



Make-Ahead Muffuletta Party Sandwich

READY IN



495 min.

SERVINGS



8

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 oz round bread loaf italian
- 2 tablespoons olive oil
- 0.3 pound pepperoni sliced
- 1 cup pickled vegetables mixed jarred rinsed finely chopped
- 0.3 cup pimiento-stuffed olives spanish sliced
- 0.3 pound provolone cheese sliced
- 0.5 teaspoon pepper dried red crushed
- 0.3 pound genoa salami sliced

Equipment

plastic wrap

Directions

- Stir together first 4 ingredients.
- Cut round bread loaf in half horizontally; scoop out bottom, leaving a 1/2-inch-thick shell.
- Spoon half of olive mixture into bread shell.
- Layer with salami, cheese, pepperoni, and remaining olive mixture. Cover with bread top. Wrap loaf tightly with plastic wrap, and chill 8 to 24 hours.
- Cut loaf into wedges.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.22, Inflammation Score:-7, Nutrition Score:12.369130352269%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 685.96kcal (34.3%), Fat: 49.45g (76.08%), Saturated Fat: 23.03g (143.91%), Carbohydrates: 41.21g (13.74%), Net Carbohydrates: 37.64g (13.69%), Sugar: 22.04g (24.49%), Cholesterol: 46.3mg (15.43%), Sodium: 1204.72mg (52.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.29g (38.59%), Vitamin B3: 5.53mg (27.65%), Vitamin A: 1375.2IU (27.5%), Vitamin B1: 0.36mg (23.92%), Phosphorus: 207.07mg (20.71%), Selenium: 13.18µg (18.82%), Vitamin B12: 1.05µg (17.51%), Calcium: 157.26mg (15.73%), Vitamin B2: 0.26mg (15.07%), Fiber: 3.57g (14.29%), Zinc: 2.12mg (14.11%), Folate: 54.62µg (13.66%), Iron: 2.36mg (13.12%), Vitamin B6: 0.21mg (10.6%), Potassium: 355.58mg (10.16%), Manganese: 0.19mg (9.26%), Magnesium: 31.01mg (7.75%), Vitamin E: 0.95mg (6.34%), Vitamin B5: 0.55mg (5.53%), Copper: 0.08mg (3.99%), Vitamin K: 3.81µg (3.63%), Vitamin C: 2.37mg (2.87%), Vitamin D: 0.34µg (2.27%)