



## Memphis-Style Muffuletta

READY IN



80 min.

SERVINGS



20

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup artichoke hearts canned drained chopped
- 0.5 cup olives black chopped
- 1 round bread loaf italian
- 2 stalks celery chopped
- 6 slices oscar mayer deli bold chicken breast smoked fresh cajun style
- 0.1 tsp ground pepper black
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 4 singles kraft
- 0.5 cup mayo with olive oil reduced fat mayonnaise kraft

0.3 cup pimento-stuffed olives green chopped

## Equipment

bowl

plastic wrap

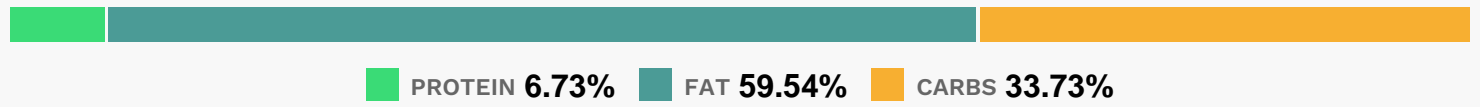
## Directions

Mix mayo and dressing in medium bowl; stir in celery, artichokes, olives and pepper.

Spread half the olive mixture onto bottom half of bread; top with meat, Singles and remaining olive mixture. Cover with top of bread.

Wrap tightly in plastic wrap. Refrigerate 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:3.2, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.8765217410805%

## Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 161.57kcal (8.08%), Fat: 10.71g (16.48%), Saturated Fat: 4.76g (29.72%), Carbohydrates: 13.65g (4.55%), Net Carbohydrates: 12.42g (4.52%), Sugar: 7.74g (8.6%), Cholesterol: 2.76mg (0.92%), Sodium: 330.2mg (14.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Vitamin B3: 1.37mg (6.87%), Vitamin K: 5.92µg (5.63%), Fiber: 1.23g (4.92%), Folate: 16.34µg (4.08%), Iron: 0.54mg (3%), Vitamin E: 0.4mg (2.68%), Vitamin B1: 0.04mg (2.43%), Potassium: 79.48mg (2.27%), Phosphorus: 21.94mg (2.19%), Vitamin B2: 0.03mg (1.54%), Magnesium: 6.06mg (1.52%), Vitamin B6: 0.02mg (1.13%), Selenium: 0.74µg (1.06%)