



Milano Ciabatta Sandwich

READY IN



15 min.

SERVINGS



16

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

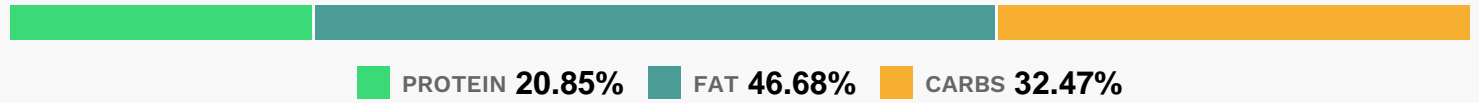
- 1 pound ciabatta bread
- 0.5 cup kalamata olives
- 2 cups the of 1 cos lettuce shredded
- 8 ounces genoa salami sliced
- 8 ounces provolone cheese sliced
- 2 medium tomatoes sliced

Equipment

Directions

- Cut bread horizontally in half.
- Spread tapenade over bottom half of bread; top with lettuce.
- Layer onion, salami, cheese and tomatoes on lettuce.
- Add top of loaf.
- Cut sandwich into 16 pieces.

Nutrition Facts



Properties

Glycemic Index:5.81, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:5.3134782612324%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 182.25kcal (9.11%), Fat: 9.44g (14.53%), Saturated Fat: 4.31g (26.97%), Carbohydrates: 14.78g (4.93%), Net Carbohydrates: 14.02g (5.1%), Sugar: 0.58g (0.64%), Cholesterol: 20.98mg (6.99%), Sodium: 629.36mg (27.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.98%), Vitamin A: 781.1IU (15.62%), Calcium: 114.67mg (11.47%), Phosphorus: 108.39mg (10.84%), Vitamin B12: 0.6µg (10.06%), Vitamin B1: 0.15mg (9.69%), Selenium: 5.72µg (8.17%), Zinc: 1.09mg (7.3%), Vitamin K: 7.61µg (7.25%), Vitamin B2: 0.1mg (5.85%), Vitamin B6: 0.11mg (5.31%), Vitamin B3: 0.94mg (4.68%), Potassium: 125.86mg (3.6%), Fiber: 0.76g (3.04%), Folate: 12.12µg (3.03%), Vitamin C: 2.34mg (2.84%), Magnesium: 10.07mg (2.52%), Vitamin B5: 0.24mg (2.41%), Copper: 0.04mg (2.17%), Iron: 0.38mg (2.1%), Manganese: 0.04mg (1.9%), Vitamin E: 0.28mg (1.89%)