



 11%
HEALTH SCORE

Mini Muffulettas

READY IN



25 min.

SERVINGS



25

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 slices deli honey ham thin
- 12 small dinner rolls cut in half
- 2 tablespoons olive oil
- 32 oz savory vegetable mixed
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- 0.8 cup pimiento stuffed olives spanish chopped
- 6 slices provolone cheese cut in half
- 12 slices genoa salami
- 6 slices swiss cheese cut in half

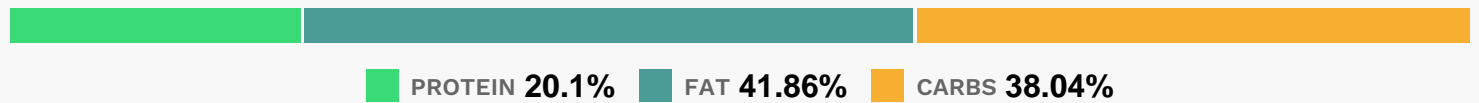
Equipment

- food processor
- plastic wrap

Directions

- Pulse pickled vegetables in food processor 8 to 10 times or until finely chopped. Stir in olives and dressing.
- Spread 1 heaping tablespoonful pickled vegetable mixture over cut side of each roll bottom. Top each with 1 Swiss cheese slice half, 1 ham slice, 1 salami slice, 1 provolone cheese slice half, and roll tops. Cover with plastic wrap.
- Serve immediately, or chill until ready to serve.
- Note: We tested with Mezzetta Italian
- Mix Giardiniera pickled vegetables and Newman's Own Olive Oil & Vinegar dressing.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:3.15, Inflammation Score:-8, Nutrition Score:12.261739248815%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 200.85kcal (10.04%), Fat: 9.61g (14.78%), Saturated Fat: 3.46g (21.61%), Carbohydrates: 19.64g (6.55%), Net Carbohydrates: 15.82g (5.75%), Sugar: 0.38g (0.43%), Cholesterol: 18.69mg (6.23%), Sodium: 503.33mg (21.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.38g (20.75%), Vitamin A: 3775.26IU (75.51%), Vitamin B1: 0.3mg (20.07%), Manganese: 0.39mg (19.69%), Selenium: 13.18µg (18.82%), Fiber: 3.82g (15.28%), Phosphorus: 149.14mg (14.91%), Vitamin B3: 2.61mg (13.05%), Calcium: 128.88mg (12.89%), Vitamin B2: 0.19mg (11.13%), Iron: 1.65mg (9.17%), Vitamin C: 7.55mg (9.15%), Zinc: 1.33mg (8.89%), Folate: 34.87µg (8.72%), Vitamin B6: 0.17mg (8.38%), Magnesium: 31.42mg (7.86%), Potassium: 243.26mg (6.95%), Vitamin B12: 0.4µg (6.61%), Copper: 0.12mg (6.22%), Vitamin B5: 0.34mg (3.41%), Vitamin E: 0.47mg (3.15%), Vitamin K: 1.45µg (1.38%)