



Mini Salami Puff Sandwiches

READY IN



45 min.

SERVINGS



8

CALORIES



279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings dijon mustard
- ☐ 1 cup lettuce
- ☐ 0.5 cup parmesan grated
- ☐ 8 ounce sheets of puff pastry frozen thawed ()
- ☐ 12 ounce roasted peppers red cut into small pieces
- ☐ 6 ounces genoa salami thinly sliced

Equipment

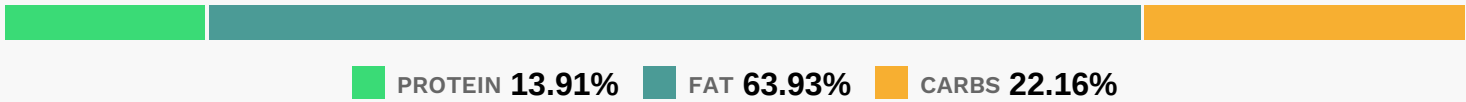
- ☐ baking sheet

- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Heat oven to 375 F. Using a 2-inch round cookie cutter, cut circles from puff pastry and place on a baking sheet.
- ☐ Sprinkle with Parmesan and bake until golden brown, about 18 minutes. Using your fingers, split each puff.
- ☐ Spread the bottom halves with Dijon mustard and top with salami, lettuce, the peppers, and the top halves of the puffs.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:7.14, Inflammation Score:-4, Nutrition Score:9.3547826467649%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 279.21kcal (13.96%), Fat: 19.89g (30.61%), Saturated Fat: 6.32g (39.5%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 14.26g (5.19%), Sugar: 0.51g (0.56%), Cholesterol: 21.05mg (7.02%), Sodium: 1289.3mg (56.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.74g (19.48%), Vitamin C: 20.05mg (24.3%), Vitamin B1: 0.34mg (22.45%), Selenium: 15.5µg (22.15%), Vitamin B3: 2.66mg (13.31%), Manganese: 0.25mg (12.73%), Phosphorus: 124.78mg (12.48%), Vitamin B12: 0.67µg (11.17%), Vitamin B2: 0.19mg (11.14%), Vitamin B6: 0.21mg (10.58%), Calcium: 101.8mg (10.18%), Zinc: 1.34mg (8.91%), Iron: 1.51mg (8.39%), Folate: 32.74µg (8.18%), Vitamin K: 6.91µg (6.59%), Copper: 0.13mg (6.48%), Vitamin A: 318.95IU (6.38%), Potassium: 185.69mg (5.31%), Fiber: 1.26g (5.03%), Magnesium: 19.67mg (4.92%), Vitamin B5: 0.29mg (2.93%), Vitamin E: 0.2mg (1.34%)