



Monster Muffaletta

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



849 kcal

Ingredients

- 0.3 cup capers drained
- 1 pound capicola hot thinly sliced
- 1 teaspoon pepper red crushed
- 1 cup olives green pitted
- 8 servings kosher salt and pepper black freshly ground
- 1 pound mortadella thinly sliced
- 1 cup oil-packed olives black pitted
- 0.5 cup olive oil
- 1 pound aged provolone cheese thinly sliced

- 0.3 cup red wine vinegar
- 0.5 cup roasted peppers red drained
- 2 round loaves italian
- 1 pound genoa salami thinly sliced
- 1 teaspoon sugar

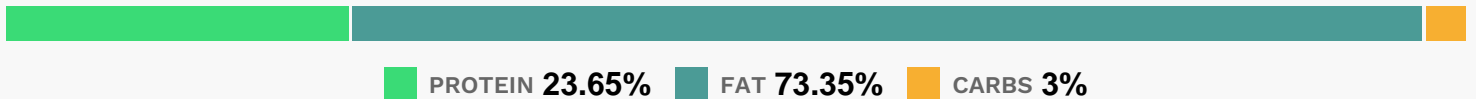
Equipment

- food processor

Directions

- Cut the loaves in half horizontally.
- Drizzle some of the olive salad liquid on the bottom halves. Dividing everything by two, layer the cheese, mortadella, genoa, capicola and then the Olive Salad on top. Cover with the top halves, and then cut into pie-shaped wedges and serve to the masses.
- Add the black olives, green olives, olive oil, roasted red peppers, capers, vinegar, crushed red pepper and sugar to a food processor and pulse until uniform but still coarse, about 10 times. Taste and adjust seasoning if necessary.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:1.44, Inflammation Score:-6, Nutrition Score:20.703913108162%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 7.18mg, Kaempferol: 7.18mg, Kaempferol: 7.18mg, Kaempferol: 7.18mg Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg

Nutrients (% of daily need)

Calories: 849.08kcal (42.45%), Fat: 70.88g (109.04%), Saturated Fat: 27.97g (174.84%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 4.98g (1.81%), Sugar: 1.04g (1.16%), Cholesterol: 166.13mg (55.38%), Sodium: 4399.51mg (191.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.43g (102.86%), Vitamin B12: 3.25µg (54.24%), Selenium: 35.98µg (51.4%), Calcium: 473.73mg (47.37%), Phosphorus: 472.79mg (47.28%), Vitamin B1: 0.62mg

(41.23%), Zinc: 5.48mg (36.56%), Vitamin B2: 0.47mg (27.75%), Vitamin B3: 4.98mg (24.91%), Vitamin B6: 0.46mg (23.09%), Iron: 2.97mg (16.51%), Vitamin A: 759.33IU (15.19%), Vitamin E: 2.08mg (13.83%), Potassium: 424.45mg (12.13%), Vitamin B5: 1.14mg (11.37%), Copper: 0.23mg (11.33%), Magnesium: 42.79mg (10.7%), Fiber: 1.54g (6.14%), Vitamin K: 6.03µg (5.74%), Vitamin D: 0.85µg (5.67%), Manganese: 0.11mg (5.36%), Vitamin C: 4.34mg (5.26%), Folate: 12.5µg (3.13%)