



## Mozzarella and Prosciutto Sandwiches with Tapenade

READY IN



45 min.

SERVINGS



6

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 36 inch crusty baguette split
- 1 tablespoon basil fresh whole packed chopped for garnish ( )
- 1 teaspoon capers rinsed chopped (preferably salt-packed)
- 16 ounce mozzarella fresh drained cut into 1/3-inch-thick slices
- 1 garlic clove minced
- 2 teaspoons juice of lemon fresh
- 0.3 cup olive oil extra virgin extra-virgin for brushing and drizzling
- 1.3 cups olives divided pitted

6 slices pancetta thin

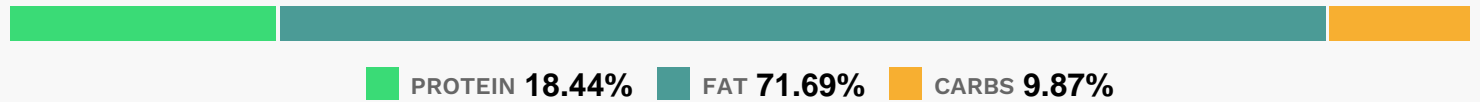
## Equipment

mortar and pestle

## Directions

- Combine first 5 ingredients in mortar; mash with pestle to paste.
- Add 1 cup olives and mash to coarse paste. Chop remaining 1/4 cup olives and stir into mixture.
- Mix in 1/4 cup olive oil, chopped basil, and lemon juice. Season tapenade with pepper. (Can be made 2 weeks ahead. Cover and refrigerate.)
- Brush cut sides of ficelle with additional olive oil.
- Place 1 prosciutto slice on bottom half of each ficelle, then top with mozzarella slices, dividing equally. Spoon tapenade over each.
- Sprinkle with pepper; drizzle lightly with olive oil.
- Garnish with basil leaves. Cover with top halves of ficelle.

## Nutrition Facts



## Properties

Glycemic Index:33.13, Glycemic Load:5.53, Inflammation Score:-5, Nutrition Score:11.151739079019%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## Nutrients (% of daily need)

Calories: 421.23kcal (21.06%), Fat: 33.8g (52%), Saturated Fat: 12.9g (80.65%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 9.19g (3.34%), Sugar: 1.69g (1.88%), Cholesterol: 65mg (21.67%), Sodium: 1069.42mg (46.5%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.12%), Calcium: 414.62mg (41.46%), Phosphorus: 295.86mg (29.59%), Vitamin B12: 1.76µg (29.39%), Selenium: 17.41µg (24.87%), Vitamin E: 2.6mg (17.32%), Zinc: 2.44mg (16.29%), Vitamin B2: 0.27mg (16.05%), Vitamin A: 642.73IU (12.85%), Vitamin B1: 0.14mg (9.4%), Vitamin K: 9.48µg (9.03%), Iron: 1.11mg (6.14%), Magnesium: 23.68mg (5.92%), Vitamin B3: 1.17mg (5.85%), Folate: 23.09µg (5.77%), Manganese: 0.11mg (5.35%), Fiber: 1.28g (5.12%), Vitamin B6: 0.08mg (4.07%), Copper: 0.07mg (3.41%), Potassium: 108.93mg (3.11%), Vitamin D: 0.33µg (2.23%), Vitamin B5: 0.22mg (2.21%), Vitamin C: 0.88mg (1.06%)