



Mozzarella and Prosciutto Sandwiches with Tapenade

READY IN



45 min.

SERVINGS



6

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons anchovy fillet chopped
- ☐ 36 inch narrow baguette split
- ☐ 1 tablespoon basil plus 24 leaves fresh whole packed chopped for garnish ()
- ☐ 1 teaspoon capers rinsed chopped (preferably salt-packed)
- ☐ 16 ounce mozzarella cheese fresh drained cut into 1/3-inch-thick slices
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated

- ☐ 0.3 cup olive oil plus additional extra-virgin for brushing and drizzling
- ☐ 1.3 cups niçoise olives divided pitted
- ☐ 0.5 teaspoon orange peel finely grated
- ☐ 6 slices pancetta thin

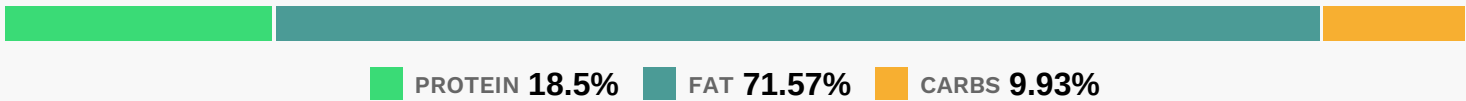
Equipment

- ☐ 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:11.270000048306%

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: 422.21kcal (21.11%), Fat: 33.83g (52.04%), Saturated Fat: 12.91g (80.69%), Carbohydrates: 10.57g (3.52%), Net Carbohydrates: 9.24g (3.36%), Sugar: 1.71g (1.9%), Cholesterol: 65.3mg (21.77%), Sodium: 1069.97mg (46.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.67g (39.34%), Calcium: 416.07mg (41.61%), Phosphorus: 296.81mg (29.68%), Vitamin B12: 1.77µg (29.45%), Selenium: 17.6µg (25.14%), Vitamin E: 2.6mg (17.35%), Zinc: 2.45mg (16.36%), Vitamin B2: 0.27mg (16.15%), Vitamin A: 643.84IU (12.88%), Vitamin B1: 0.14mg (9.44%), Vitamin K: 9.48µg (9.03%), Iron: 1.13mg (6.25%), Vitamin B3: 1.24mg (6.21%), Magnesium: 23.98mg (5.99%), Folate: 23.23µg (5.81%), Manganese: 0.11mg (5.36%), Fiber: 1.33g (5.33%), Vitamin B6: 0.08mg (4.15%), Copper: 0.07mg (3.48%), Potassium: 111.74mg (3.19%), Vitamin B5: 0.23mg (2.26%), Vitamin D: 0.33µg (2.23%), Vitamin C: 1.53mg (1.86%)