



Mozzarella en Carozza Sandwiches with Prosciutto and Peanut Butter

READY IN



35 min.

SERVINGS



4

CALORIES



1157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons parsley and basil fresh thinly sliced
- 1 ball mozzarella de buffalo grated
- 3 tablespoons dijon mustard
- 4 servings olive oil extra virgin for greasing
- 4 servings kosher salt and pepper black freshly ground
- 1 cup mayonnaise prepared
- 1 cup milk
- 0.5 cup parmesan cheese grated

- 2 tablespoons peanut butter
- 3 tablespoons peanut butter
- 0.5 cup pecorino romano cheese grated
- 4 slices pancetta
- 4 servings pepper flakes red
- 1 roasted pepper sliced
- 0.5 cup cup heavy whipping cream sour
- 8 slices sandwich bread white

Equipment

- food processor
- oven
- blender
- baking pan

Directions

- Preheat the oven to 350 degrees F.
- Mix the roasted pepper, mayonnaise, sour cream, peanut butter, red pepper flakes, to taste, and salt, and pepper, to taste, in the blender or food processor and process until smooth and creamy. Set aside.
- Spread 4 slices of bread with peanut butter and 4 slices with mustard. Divide the grated mozzarella and pecorino cheeses, and the herbs on the peanut butter slices. Top with the prosciutto and Parmesan and cover with the mustard-coated slices.
- Add the milk to a wide shallow dish and dip the sandwiches on both sides lightly coating in milk and put them on a baking dish greased with oil.
- Drizzle with the olive oil and cook in the oven until golden brown.

Nutrition Facts



Properties

Glycemic Index:78.44, Glycemic Load:19.46, Inflammation Score:-9, Nutrition Score:29.299130501954%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1156.79kcal (57.84%), Fat: 98.08g (150.89%), Saturated Fat: 27.57g (172.31%), Carbohydrates: 38.99g (13%), Net Carbohydrates: 35.5g (12.91%), Sugar: 9.93g (11.03%), Cholesterol: 119.9mg (39.97%), Sodium: 1649.39mg (71.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.77g (65.54%), Calcium: 1748.52mg (174.85%), Vitamin K: 136.22µg (129.73%), Vitamin A: 2962.66IU (59.25%), Vitamin E: 6.87mg (45.8%), Phosphorus: 426.61mg (42.66%), Selenium: 27.99µg (39.99%), Manganese: 0.72mg (36.22%), Vitamin B3: 5.85mg (29.23%), Vitamin B1: 0.39mg (25.81%), Vitamin B2: 0.43mg (25.19%), Folate: 84.73µg (21.18%), Magnesium: 79.08mg (19.77%), Iron: 3.39mg (18.81%), Zinc: 2.53mg (16.88%), Vitamin B6: 0.3mg (14.93%), Fiber: 3.49g (13.97%), Potassium: 478.75mg (13.68%), Vitamin B12: 0.81µg (13.43%), Vitamin B5: 1.1mg (11.03%), Copper: 0.22mg (10.96%), Vitamin C: 7.28mg (8.82%), Vitamin D: 0.94µg (6.27%)