



Mozzarella, Prosciutto, Pesto and Plum Tomato Sandwiches

READY IN



15 min.

SERVINGS



4

CALORIES



1379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large baguettes
- ☐ 0.5 cup flat-leaf parsley leaves packed
- ☐ 1 cup basil leaves fresh packed
- ☐ 2 pounds mozzarella cheese fresh sliced
- ☐ 1 clove garlic
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 4 servings olive oil to taste

- ☐ 0.5 cup pecorino cheese grated
- ☐ 1.5 pounds plum tomatoes thinly sliced
- ☐ 0.5 pound pancetta thinly sliced
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.8 cup walnuts

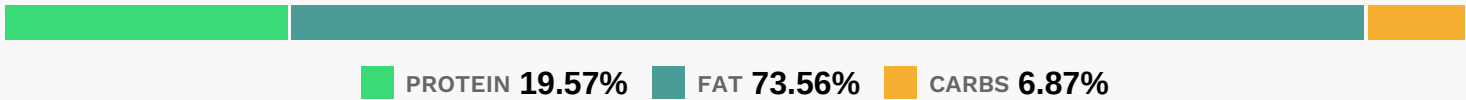
Equipment

- ☐ blender
- ☐ chopsticks

Directions

- ☐ Slice baguettes in half and then lengthwise but don't cut all the way through.
- ☐ Slather the bottom half of the baguettes with pesto. Top with prosciutto, tomatoes and mozzarella.
- ☐ Drizzle with olive oil and season with salt and pepper. Placing the mozzarella on top will keep the top of bread from getting soggy from tomatoes.
- ☐ Wrap sandwiches tightly in parchment and slice in half. Pack away.
- ☐ Place walnuts, cheese, garlic, and 1/2 cup olive oil in a blender and puree until smooth.
- ☐ Add basil and parsley, and then with the motor running, gradually add the remaining olive oil until pesto is thick and smooth. Season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:86.94, Glycemic Load:8.66, Inflammation Score:-10, Nutrition Score:45.331304114798%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 16.21mg, Apigenin: 16.21mg, Apigenin: 16.21mg, Apigenin: 16.21mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg

1.35mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 1378.95kcal (68.95%), Fat: 113.82g (175.1%), Saturated Fat: 44.04g (275.28%), Carbohydrates: 23.93g (7.98%), Net Carbohydrates: 19.72g (7.17%), Sugar: 8.27g (9.19%), Cholesterol: 229.59mg (76.53%), Sodium: 2247.82mg (97.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.14g (136.27%), Vitamin K: 181.35µg (172.72%), Calcium: 1358.53mg (135.85%), Phosphorus: 1119.5mg (111.95%), Vitamin B12: 5.59µg (93.24%), Vitamin A: 3976.21IU (79.52%), Selenium: 55.56µg (79.37%), Manganese: 1.2mg (59.8%), Zinc: 8.84mg (58.93%), Vitamin B2: 0.86mg (50.61%), Vitamin C: 34.88mg (42.28%), Vitamin E: 5.11mg (34.05%), Vitamin B1: 0.46mg (30.95%), Magnesium: 122.51mg (30.63%), Copper: 0.56mg (27.89%), Vitamin B6: 0.54mg (27.02%), Potassium: 877.7mg (25.08%), Folate: 95.33µg (23.83%), Vitamin B3: 4.62mg (23.11%), Iron: 3.74mg (20.8%), Fiber: 4.21g (16.84%), Vitamin B5: 1.07mg (10.69%), Vitamin D: 1.2µg (7.98%)