



Mozzarella & salami ciabatta

READY IN



5 min.

SERVINGS



2

CALORIES



763 kcal

Ingredients

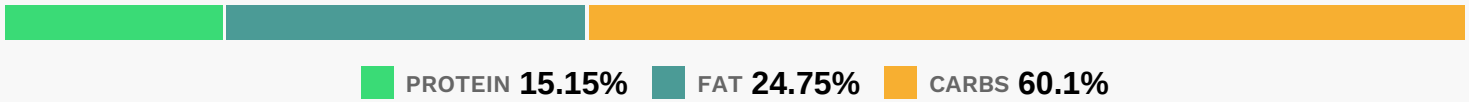
- ☐ 1 small ciabatta bread split
- ☐ 1 small fennel bulb trimmed thinly sliced
- ☐ 1 tbsp olive oil extra virgin extra-virgin
- ☐ 1 handful arugula
- ☐ 0.5 mozzarella light drained (use a version if you prefer)
- ☐ 8 slices genoa salami
- ☐ 2 servings lemon wedges for squeezing

Equipment

Directions

☐ Cut the bread into 4 pieces and toast. Toss the fennel with 2 tsp olive oil, rocket and seasoning. Rub the remaining oil on the cut sides of the bread, then rub with garlic. Tear over the mozzarella and salami, pile on the salad and serve with some lemon wedges for squeezing over.

Nutrition Facts



Properties

Glycemic Index:78.75, Glycemic Load:2.46, Inflammation Score:-4, Nutrition Score:15.163478115735%

Flavonoids

Eriodictyol: 1.48mg, Eriodictyol: 1.48mg, Eriodictyol: 1.48mg, Eriodictyol: 1.48mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 763.46kcal (38.17%), Fat: 21.07g (32.42%), Saturated Fat: 6.29g (39.33%), Carbohydrates: 115.11g (38.37%), Net Carbohydrates: 108.82g (39.57%), Sugar: 4.83g (5.37%), Cholesterol: 28.64mg (9.55%), Sodium: 1981.37mg (86.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.03g (58.06%), Vitamin K: 88.6µg (84.38%), Fiber: 6.29g (25.16%), Vitamin B1: 0.35mg (23.43%), Vitamin C: 16.07mg (19.48%), Potassium: 659mg (18.83%), Vitamin B12: 1.01µg (16.9%), Phosphorus: 147.18mg (14.72%), Selenium: 10.04µg (14.34%), Manganese: 0.28mg (14.06%), Vitamin B3: 2.8mg (13.98%), Vitamin B6: 0.26mg (13.06%), Zinc: 1.8mg (12.01%), Vitamin E: 1.73mg (11.54%), Folate: 42.14µg (10.53%), Vitamin B2: 0.17mg (9.75%), Iron: 1.51mg (8.41%), Magnesium: 32.64mg (8.16%), Calcium: 79.6mg (7.96%), Vitamin A: 395.99IU (7.92%), Copper: 0.14mg (7.14%), Vitamin B5: 0.7mg (6.99%)