



Muffaletta

READY IN



25 min.

SERVINGS



8

CALORIES



636 kcal

SIDE DISH

Ingredients

- 8 servings pepper black freshly ground
- 2 tablespoons dijon mustard
- 1 bunch flat-leaf parsley roughly chopped
- 1 small round loaf italian
- 1 tablespoon honey
- 8 servings kosher salt
- 2 ounces aged manchego cheese thinly sliced
- 1 cup mayonnaise
- 2 cups picholine and cerignola olives pitted coarsely chopped

- 0.3 cup oregano leaves fresh chopped
- 1 cup piquillo peppers roughly chopped
- 1 onion diced red
- 2 ounces genoa salami dry hot thinly sliced
- 0.3 cup sherry vinegar

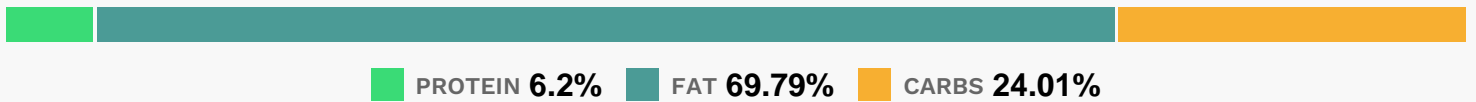
Equipment

- bowl
- whisk

Directions

- Watch how to make this recipe.
- Whisk together the mayonnaise, vinegar, mustard and honey in a large bowl.
- Add the onion, olives, peppers, parsley and oregano; toss, and season, to taste, with salt and pepper.
- Slice the bread in half and pull some of interior from the top half.
- Spread some of the olive salad on each half. You will probably have some salad left; it holds well in the refrigerator.
- Layer the meat and cheese on the bottom half, alternating layers of each meat with thin layers of cheese. Cover with the top half, press gently, slice, and serve.

Nutrition Facts



Properties

Glycemic Index:28.78, Glycemic Load:1.6, Inflammation Score:-9, Nutrition Score:13.104347734348%

Flavonoids

Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg, Apigenin: 15.35mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 635.94kcal (31.8%), Fat: 49.65g (76.38%), Saturated Fat: 16.78g (104.89%), Carbohydrates: 38.45g (12.82%), Net Carbohydrates: 34.05g (12.38%), Sugar: 21.49g (23.88%), Cholesterol: 23.14mg (7.71%), Sodium: 1418.6mg (61.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.84%), Vitamin K: 172.56µg (164.35%), Vitamin C: 28.34mg (34.35%), Vitamin A: 1114.76IU (22.3%), Iron: 3.17mg (17.61%), Fiber: 4.39g (17.58%), Vitamin E: 2.55mg (16.99%), Vitamin B3: 2.83mg (14.16%), Folate: 55.42µg (13.85%), Calcium: 136.11mg (13.61%), Vitamin B1: 0.11mg (7.43%), Manganese: 0.14mg (7.02%), Potassium: 232.37mg (6.64%), Magnesium: 24.93mg (6.23%), Vitamin B2: 0.08mg (4.76%), Phosphorus: 43.43mg (4.34%), Copper: 0.08mg (3.86%), Selenium: 2.39µg (3.42%), Vitamin B6: 0.05mg (2.74%), Zinc: 0.34mg (2.28%), Vitamin B5: 0.13mg (1.3%)