

Muffaletta Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



804 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ribs celery from the heart chopped
- ☐ 1 bell pepper fresh green seeded chopped
- ☐ 0.5 pound ham thick cut chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 cup cracked olives mixed coarsely chopped
- ☐ 0.5 pound provolone cheese chopped
- ☐ 0.5 onion red chopped
- ☐ 3 tablespoons red wine vinegar

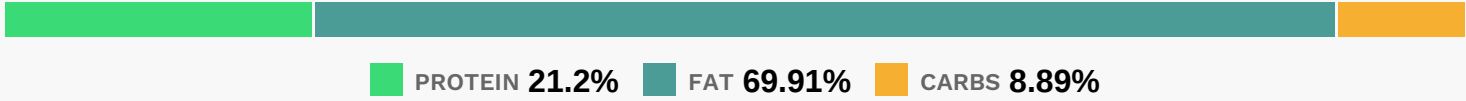
- ☐ 2 cups giardiniera salad hot drained pickled cauliflower, peppers and carrots
- ☐ 0.5 pound genoa salami diced
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup sun-dried tomatoes soft chopped

Equipment

Directions

- ☐ Combine olives, giardiniera, celery, sun-dried tomatoes, pepper, onion, salami, ham, and provolone. Dress with vinegar and olive oil, season with salt and pepper and let stand a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:4.54, Inflammation Score:-9, Nutrition Score:35.651304535244%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg, Luteolin: 2.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 804.16kcal (40.21%), Fat: 63.06g (97.01%), Saturated Fat: 22.48g (140.5%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 13.42g (4.88%), Sugar: 9.03g (10.03%), Cholesterol: 119.07mg (39.69%), Sodium: 3143.63mg (136.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.02g (86.05%), Vitamin C: 137.01mg (166.08%), Vitamin B1: 1.01mg (67.33%), Phosphorus: 613.32mg (61.33%), Vitamin B6: 1.1mg (55.08%), Selenium: 36.82µg (52.6%), Calcium: 502.66mg (50.27%), Vitamin B12: 2.78µg (46.3%), Zinc: 6mg (40.03%), Vitamin B3: 7.75mg (38.73%), Vitamin K: 40.21µg (38.29%), Vitamin B2: 0.64mg (37.38%), Vitamin A: 1740.53IU (34.81%), Potassium: 1152.91mg (32.94%), Vitamin E: 4.33mg (28.87%), Manganese: 0.43mg (21.58%), Copper: 0.43mg (21.56%), Magnesium: 83.73mg (20.93%), Iron: 3.45mg (19.14%), Fiber: 4.62g (18.5%), Vitamin B5: 1.6mg (16.01%), Folate: 55.03µg (13.76%), Vitamin D: 0.68µg (4.54%)