



Muffuletta

READY IN



45 min.

SERVINGS



4

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cherry tomatoes chopped quartered
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 pound eggplant
- ☐ 16 ounce bread french cut in half horizontally
- ☐ 0.3 cup dressing italian reduced-fat
- ☐ 2 tablespoons pepperoncini juice
- ☐ 0.5 teaspoon cracked pepper black
- ☐ 0.3 cup pepperoncini peppers chopped
- ☐ 0.3 cup pimiento-stuffed olives sliced

- ☐ 2 ounces provolone cheese thinly sliced
- ☐ 1 medium bell pepper red cut into 4 wedges
- ☐ 2 ounces genoa salami hard thinly sliced reduced-fat such as Franklin
- ☐ 1 inch vidalia sweet
- ☐ 1 medium baby squash yellow thinly sliced

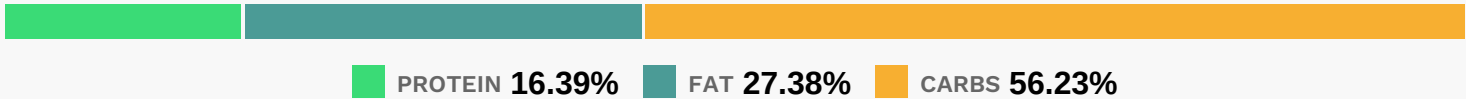
Equipment

- ☐ plastic wrap
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ To prepare grilled vegetables, combine first 5 ingredients in a zip-top plastic bag; seal and marinate in refrigerator 2 hours, turning bag occasionally.
- ☐ Prepare grill.
- ☐ Remove vegetables from plastic bag; place vegetables on grill rack coated with cooking spray. Grill 5 minutes on each side or until vegetables are tender.
- ☐ To prepare olive salad, combine the tomato and next 5 ingredients (tomato through black pepper).
- ☐ Hollow out bottom half of bread, leaving a 1-inch-thick shell; reserve torn bread for another use. Arrange cheese in bottom half of the bread. Top with salami, grilled vegetables, olive salad, and top half of bread. Wrap loaf with plastic wrap; refrigerate up to 24 hours.
- ☐ Cut into 4 pieces just before serving.

Nutrition Facts



Properties

Glycemic Index:75.56, Glycemic Load:47.59, Inflammation Score:-9, Nutrition Score:30.509130258923%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 521.42kcal (26.07%), Fat: 16.18g (24.89%), Saturated Fat: 5.41g (33.82%), Carbohydrates: 74.77g (24.92%), Net Carbohydrates: 66.69g (24.25%), Sugar: 15.17g (16.85%), Cholesterol: 20.98mg (6.99%), Sodium: 1393.88mg (60.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.8g (43.6%), Vitamin C: 66.16mg (80.2%), Vitamin B1: 1.05mg (70.18%), Selenium: 39.17µg (55.96%), Manganese: 1.09mg (54.47%), Folate: 202.65µg (50.66%), Vitamin B2: 0.73mg (42.94%), Vitamin B3: 7.93mg (39.64%), Iron: 5.82mg (32.34%), Fiber: 8.08g (32.32%), Phosphorus: 293.03mg (29.3%), Vitamin B6: 0.58mg (29.01%), Vitamin A: 1442.22IU (28.84%), Potassium: 792.86mg (22.65%), Calcium: 203.65mg (20.36%), Vitamin K: 20.92µg (19.93%), Magnesium: 79.06mg (19.76%), Copper: 0.38mg (18.84%), Zinc: 2.74mg (18.23%), Vitamin E: 2.08mg (13.84%), Vitamin B5: 1.17mg (11.71%), Vitamin B12: 0.6µg (10.06%)