



WHATSheATE



HEALTH SCORE

51%

Muffuletta Grilled Cheese

READY IN



15 min.

SERVINGS



1

CALORIES



1559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter cut into three even pieces
- ☐ 1 tablespoon capers
- ☐ 3 slices capicola hot
- ☐ 1 teaspoon garlic clove minced
- ☐ 2 slices bread white french italian such as pepperidge farm or arnold, or 2 slices hearty or bread hearty
- ☐ 1 serving kosher salt
- ☐ 3 slices mortadella
- ☐ 0.8 cup tuna in olive oil mixed pitted
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

- ☐ 2 tablespoons parsley
- ☐ 2 slices provolone cheese
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 cup roasted peppers red chopped
- ☐ 3 slices soppressata sweet

Equipment

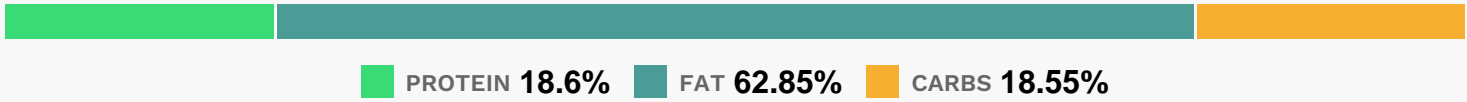
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Combine olives, capers, peppers, parsley, giardiniera, and garlic in the bowl of a food processor. Pulse to chop until no pieces larger than 1/2-inch remain.
- ☐ Transfer to a bowl.
- ☐ Add vinegar and olive oil and stir to combine. For best results, let olive salad rest overnight before continuing to step
- ☐ For the Sandwich: Melt one third of butter in a large non-stick skillet over medium heat until foaming subsides.
- ☐ Add both bread slices and cook, swirling occasionally, until pale golden brown on bottom side, about 2 minutes.
- ☐ Transfer to a cutting board toasted-side-up.
- ☐ Place one cheese slice on top of one slice of bread.
- ☐ Spread a layer of olive salad across bread with a spoon, then top with soppressata, mortadella, and capicola, followed by second cheese slice. Close sandwich, with both toasted sides facing inwards.
- ☐ Melt one more piece of butter in the skillet and reduce heat to medium low.

- ☐
- Add sandwich and cook, swirling occasionally, until deep, even golden brown, about 5minutes.
- ☐
- Remove sandwich using a flexible metal spatula.
- ☐
- Add the remaining butter. Return sandwich to skillet cooked-side up. Season with salt. Cook, swirling occasionally, until second side is deep, even golden brown and cheese is thoroughly melted, about 5 minutes.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:275.5, Glycemic Load:52.3, Inflammation Score:-9, Nutrition Score:49.72086935458%

Flavonoids

Apigenin: 17.27mg, Apigenin: 17.27mg, Apigenin: 17.27mg, Apigenin: 17.27mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 10.63mg, Kaempferol: 10.63mg, Kaempferol: 10.63mg, Kaempferol: 10.63mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 13.88mg, Quercetin: 13.88mg, Quercetin: 13.88mg, Quercetin: 13.88mg

Nutrients (% of daily need)

Calories: 1559kcal (77.95%), Fat: 108.93g (167.59%), Saturated Fat: 36.93g (230.84%), Carbohydrates: 72.36g (24.12%), Net Carbohydrates: 68.54g (24.92%), Sugar: 6.27g (6.97%), Cholesterol: 156.41mg (52.14%), Sodium: 3844.74mg (167.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.53g (145.06%), Selenium: 147.84µg (211.2%), Vitamin K: 213.74µg (203.56%), Vitamin B3: 23.65mg (118.23%), Vitamin B1: 1.29mg (85.94%), Phosphorus: 812.52mg (81.25%), Vitamin B12: 4.57µg (76.09%), Vitamin B2: 1.01mg (59.26%), Vitamin D: 8.38µg (55.86%), Vitamin E: 8.29mg (55.27%), Iron: 9.1mg (50.53%), Folate: 189.43µg (47.36%), Manganese: 0.86mg (42.84%), Calcium: 422.64mg (42.26%), Vitamin A: 1990.29IU (39.81%), Zinc: 5.92mg (39.44%), Vitamin C: 28.27mg (34.27%), Vitamin B6: 0.61mg (30.41%), Magnesium: 110.7mg (27.67%), Copper: 0.45mg (22.73%), Potassium: 740.37mg (21.15%), Vitamin B5: 1.62mg (16.16%), Fiber: 3.82g (15.28%)