



## Muffuletta Loaf

READY IN



45 min.

SERVINGS



8

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 20 ounce round bread loaf italian
- 0.3 cup parsley fresh chopped
- 1 teaspoon garlic minced
- 2 teaspoons juice of lemon
- 0.3 pound mozzarella cheese sliced
- 0.7 cup olive oil
- 0.5 cup olives ripe chopped
- 1 teaspoon oregano dried
- 0.5 teaspoon pepper

- 0.3 pound pepperoni sliced
- 0.5 cup pimiento-stuffed olives chopped
- 0.3 pound genoa salami sliced

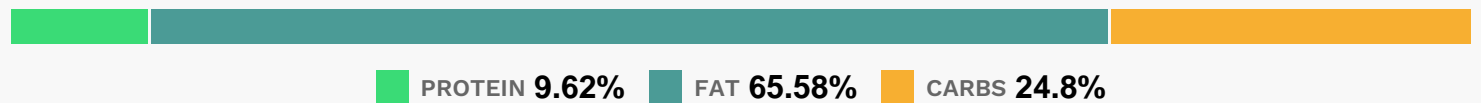
## Equipment

- plastic wrap

## Directions

- Combine first 8 ingredients, stirring well; cover and chill at least 2 hours.
- Cut bread in half horizontally; scoop out bottom, leaving a 1/2-inch-thick shell.
- Drain olive mixture, and spoon half of mixture into bread shell. Top with salami, cheese, pepperoni, and remaining olive mixture. Cover with bread top. Wrap loaf tightly with plastic wrap, and chill 6 to 8 hours.
- Cut loaf into wedges.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:10.686956535215%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 625.91kcal (31.3%), Fat: 45.75g (70.38%), Saturated Fat: 20.51g (128.22%), Carbohydrates: 38.93g (12.98%), Net Carbohydrates: 35.68g (12.97%), Sugar: 22.2g (24.67%), Cholesterol: 36.15mg (12.05%), Sodium: 1160.66mg (50.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.1g (30.2%), Vitamin K: 36.07µg (34.35%), Vitamin B3: 4.79mg (23.93%), Vitamin B1: 0.28mg (18.7%), Vitamin B12: 0.9µg (15.07%), Selenium: 10.35µg (14.78%), Phosphorus: 134.26mg (13.43%), Fiber: 3.25g (13%), Folate: 50.87µg (12.72%), Iron: 2.25mg (12.52%),

Vitamin B2: 0.19mg (11.31%), Zinc: 1.54mg (10.25%), Vitamin E: 1.4mg (9.32%), Calcium: 92.82mg (9.28%), Potassium: 282.1mg (8.06%), Vitamin B6: 0.15mg (7.48%), Manganese: 0.14mg (6.82%), Vitamin A: 325.14IU (6.5%), Magnesium: 24.4mg (6.1%), Vitamin C: 3.1mg (3.76%), Vitamin B5: 0.36mg (3.57%), Copper: 0.06mg (3.24%), Vitamin D: 0.24µg (1.61%)