






 **47%**
HEALTH SCORE

Muffuletta Sandwich

READY IN

285 min.

SERVINGS

4

CALORIES

1259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 loaf bread italian (round 10 inch loaf)
- 1 tablespoon capers
- 0.1 cup celery thinly sliced
- 0.3 lb swiss cheese sliced thin
- 1.5 cups olive oil extra virgin
- 1 clove garlic fresh thinly sliced
- 1.5 cups olive green pitted
- 1 tablespoon spring onion thinly sliced
- 4 servings pepper fresh to taste

- 0.3 lb ham sliced thin
- 0.5 cup kalamata olives black pitted
- 0.3 lb mortadella sliced thin
- 2 teaspoons oregano dried
- 1 tablespoon flat parsley italian finely chopped
- 1 cup savory vegetable
- 1 cup savory vegetable
- 0.3 lb provolone cheese sliced thin
- 1 teaspoon pepper red crushed
- 3 tablespoons red wine vinegar
- 0.3 cup roasted peppers red
- 0.3 lb genoa salami hard sliced thin

Equipment

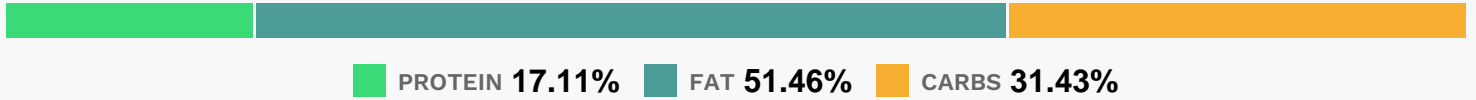
- bowl
- plastic wrap
- cutting board
- funnel

Directions

- To Make the SANDWICH.Split a muffoletta loaf or a round loaf of Italian bread horizontally.
- Remove some of the center soft bread.
- Spread each half with equal parts of olive salad/oil.
- Place meats and cheeses evenly on bottom half and cover with top half of bread.Wrap tightly with plastic wrap and refrigerate for up to 4 hours.
- Cut in quarters for huge sandwiches, or eighths for more manageable sections.To Make the OLIVE SALAD.To pit the olives crush each olive on a cutting board with your hand or use the end of a funnel.
- Combine all ingredients except oil in processor. Pulse 4-5 times. You want this to be coarse chopped.

Add olive oil. Put into a bowl or jar, cover and let the flavors marry for about one week.

Nutrition Facts



Properties

Glycemic Index:105.42, Glycemic Load:48.04, Inflammation Score:-10, Nutrition Score:50.606086648029%

Flavonoids

Apigenin: 2.32mg, Apigenin: 2.32mg, Apigenin: 2.32mg, Apigenin: 2.32mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 1259.37kcal (62.97%), Fat: 72.73g (111.89%), Saturated Fat: 22.69g (141.82%), Carbohydrates: 99.91g (33.3%), Net Carbohydrates: 86.31g (31.39%), Sugar: 10.44g (11.6%), Cholesterol: 101.77mg (33.92%), Sodium: 3678.31mg (159.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.41g (108.82%), Manganese: 2.4mg (119.83%), Selenium: 82.95µg (118.5%), Vitamin A: 5701.93IU (114.04%), Vitamin B1: 1.31mg (87.31%), Calcium: 776.12mg (77.61%), Phosphorus: 741.15mg (74.11%), Vitamin B3: 14.68mg (73.38%), Fiber: 13.6g (54.4%), Vitamin B2: 0.91mg (53.37%), Iron: 9.32mg (51.8%), Folate: 188.6µg (47.15%), Zinc: 6.91mg (46.05%), Vitamin K: 48.35µg (46.04%), Vitamin B12: 2.66µg (44.41%), Vitamin E: 6.04mg (40.29%), Magnesium: 138.02mg (34.51%), Vitamin B6: 0.69mg (34.44%), Copper: 0.56mg (28.13%), Vitamin B5: 2.41mg (24.05%), Potassium: 817.37mg (23.35%), Vitamin C: 15.99mg (19.38%), Vitamin D: 0.62µg (4.16%)