



Muffulettas

READY IN

ready

30 min.

SERVINGS

servings

8

CALORIES

calories

445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 ounces arugula leaves
- ☐ 1 pound round bread loaf 7 inches in diameter and 3 inches high
- ☐ 2 garlic cloves minced peeled
- ☐ 10 large olives green pitted chopped
- ☐ 4 ounces ham thinly sliced
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 4 ounces mortadella thinly sliced
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon oregano dried

- ☐ 4 ounces provolone cheese sliced
- ☐ 0.5 onion red thinly sliced
- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 cup roasted bell peppers red chopped
- ☐ 4 ounces genoa salami thinly sliced
- ☐ 8 servings salt and pepper black freshly ground

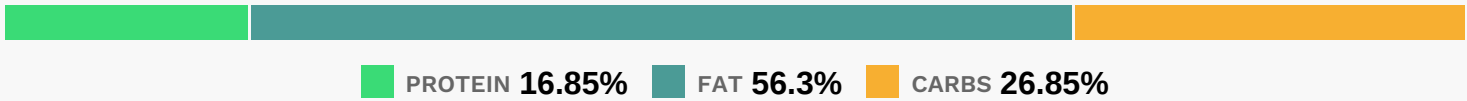
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk the first 3 ingredients in a large bowl to blend. Gradually blend in the oil. Stir in the olives and roasted peppers. Season the vinaigrette, to taste, with salt and pepper.
- ☐ Cut the top 1-inch of the bread loaf. Set the top aside. Hollow out the bottom and top halves of the bread.
- ☐ Spread some of the olive and roasted pepper mix over the bread bottom and cut side of the bread top.
- ☐ Layer the meats and cheeses in the bread bottom. Top with the onions, then the arugula.
- ☐ Spread the remaining olive and roasted pepper mix on top of the sandwich and carefully cover with the bread top. You can serve the sandwich immediately or you can wrap the entire sandwich tightly in plastic wrap and place in the refrigerator a day before serving.
- ☐ Cut the sandwich into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:33.46, Glycemic Load:15, Inflammation Score:-6, Nutrition Score:15.715652071911%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 444.61kcal (22.23%), Fat: 27.79g (42.76%), Saturated Fat: 8.17g (51.08%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 26.79g (9.74%), Sugar: 3.8g (4.23%), Cholesterol: 37.7mg (12.57%), Sodium: 1265.37mg (55.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.72g (37.44%), Selenium: 28.69µg (40.98%), Manganese: 0.77mg (38.38%), Vitamin B1: 0.48mg (32.03%), Vitamin B3: 5.09mg (25.44%), Phosphorus: 228.32mg (22.83%), Calcium: 207.16mg (20.72%), Vitamin B2: 0.3mg (17.59%), Iron: 3mg (16.66%), Vitamin K: 16.44µg (15.65%), Zinc: 2.34mg (15.58%), Vitamin B12: 0.9µg (15.07%), Folate: 58.86µg (14.71%), Vitamin E: 1.99mg (13.3%), Vitamin B6: 0.26mg (12.95%), Fiber: 3.02g (12.08%), Magnesium: 40.75mg (10.19%), Vitamin B5: 0.85mg (8.54%), Copper: 0.16mg (8.08%), Potassium: 267.72mg (7.65%), Vitamin A: 321.52IU (6.43%), Vitamin C: 3.73mg (4.52%), Vitamin D: 0.31µg (2.08%)