



Muffulettas

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces bottled giardiniera drained chopped
- ☐ 4 ounces rotisserie chicken breast boneless skinless sliced (1 breast)
- ☐ 1 garlic clove minced
- ☐ 2 ounces ham thin
- ☐ 10 pimiento-stuffed manzanilla olives green chopped (or)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 ounce provolone cheese reduced-fat
- ☐ 2 tablespoons red wine vinegar
- ☐ 1.5 ounces genoa salami thin

☐ 8 ounce kaiser rolls cut in half horizontally

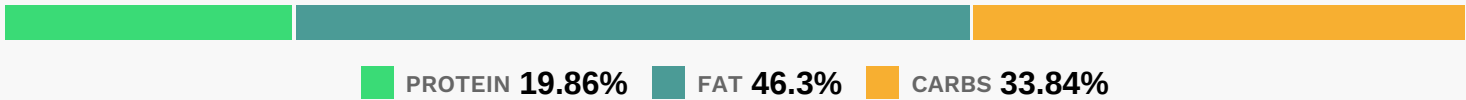
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Combine first 5 ingredients in a bowl; mix well.
- ☐ Layer bottom half of each roll with 1 provolone cheese slice, 1 ounce chicken, 1 salami slice, and 1 ham slice; top each portion with about 1/3 cup olive mixture and top halves of rolls. Wrap each sandwich tightly in plastic wrap; chill at least 1 hour or overnight.
- ☐ Remove plastic wrap; cut each sandwich in half.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:19.54, Inflammation Score:-4, Nutrition Score:11.9160869899%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 411.07kcal (20.55%), Fat: 21.08g (32.43%), Saturated Fat: 5.95g (37.2%), Carbohydrates: 34.65g (11.55%), Net Carbohydrates: 32.6g (11.86%), Sugar: 4.32g (4.8%), Cholesterol: 45.11mg (15.04%), Sodium: 940.45mg (40.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.34g (40.68%), Iron: 9.33mg (51.86%), Selenium: 17.54µg (25.06%), Vitamin B3: 4.55mg (22.77%), Vitamin B6: 0.42mg (20.77%), Phosphorus: 201.13mg (20.11%), Vitamin B1: 0.22mg (14.61%), Calcium: 129.94mg (12.99%), Potassium: 391.86mg (11.2%), Vitamin E: 1.64mg (10.92%), Vitamin B12: 0.65µg (10.87%), Zinc: 1.56mg (10.38%), Vitamin B2: 0.16mg (9.19%), Magnesium: 36.24mg (9.06%), Fiber: 2.05g (8.19%), Copper: 0.15mg (7.56%), Vitamin B5: 0.74mg (7.42%), Manganese: 0.13mg (6.42%), Vitamin K: 4.78µg (4.55%), Vitamin A: 172.61IU (3.45%), Vitamin C: 2.74mg (3.32%), Folate: 8.19µg (2.05%), Vitamin D: 0.2µg (1.32%)