



New Orleans Muffuletta

READY IN



135 min.

SERVINGS



15

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

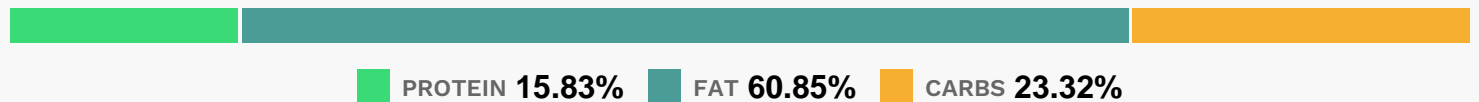
- 0.3 cup olives black finely chopped
- 1 round bread loaf italian
- 1 stalk celery finely chopped
- 20 slices oscar mayer deli ham smoked fresh
- 1 clove garlic minced
- 3 Tbsp 3 tbsp. kraft zesty italian dressing italian kraft
- 4 slim cut mozzarella cheese kraft
- 3 Tbsp pimento-stuffed olives green finely chopped
- 4 slices oscar mayer cotto salami

Equipment

Directions

- Combine olives, celery, garlic and dressing.
- Cut bread horizontally in half. Hollow out top half of loaf slightly; discard removed bread or reserve for another use.
- Spread bottom half of bread with half the olive mixture; top with layers of meat, cheese and remaining olive mixture. Cover with top of bread; press down lightly to secure. Wrap tightly.
- Refrigerate 2 hours or until chilled.
- Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:7.8, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:5.4004347505777%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 284.2kcal (14.21%), Fat: 19.12g (29.42%), Saturated Fat: 8.53g (53.33%), Carbohydrates: 16.49g (5.5%), Net Carbohydrates: 15.23g (5.54%), Sugar: 9.71g (10.79%), Cholesterol: 25.25mg (8.42%), Sodium: 714.22mg (31.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.38%), Vitamin B1: 0.29mg (19.44%), Vitamin B3: 3.18mg (15.92%), Selenium: 9.27µg (13.24%), Phosphorus: 99.08mg (9.91%), Vitamin B6: 0.16mg (8.15%), Vitamin B2: 0.12mg (7.08%), Zinc: 1.04mg (6.97%), Iron: 1.03mg (5.72%), Potassium: 193.72mg (5.53%), Folate: 21.32µg (5.33%), Vitamin B12: 0.31µg (5.2%), Fiber: 1.26g (5.02%), Magnesium: 13.81mg (3.45%), Vitamin E: 0.38mg (2.55%), Vitamin K: 2.5µg (2.38%), Copper: 0.04mg (2.12%), Vitamin B5: 0.21mg (2.05%), Vitamin D: 0.26µg (1.75%)