



Porchetta Sandwich with Balsamic Caramelized Onions, Asiago Cheese and Arugula

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

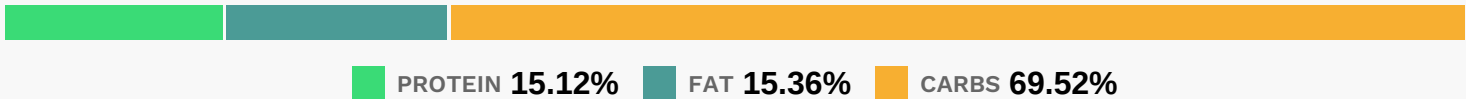
- ☐ 1 handful arugula
- ☐ 1 slice asiago cheese
- ☐ 2 tablespoons balsamic caramelized onions
- ☐ 1 tablespoon grainy mustard
- ☐ 1 sandwich rolls cut in half

Equipment

Directions

- Place the porchetta, onions and cheese on the bottom bun, broil to melt the cheese, top with the arugula and finish it off the sandwich with the top half of the bun slathered with grainy mustard.

Nutrition Facts



Properties

Glycemic Index:118, Glycemic Load:0.81, Inflammation Score:-7, Nutrition Score:10.904782595113%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg Kaempferol: 7.17mg, Kaempferol: 7.17mg, Kaempferol: 7.17mg, Kaempferol: 7.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Nutrients (% of daily need)

Calories: 197.08kcal (9.85%), Fat: 3.38g (5.2%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 34.4g (11.47%), Net Carbohydrates: 31.61g (11.5%), Sugar: 2.91g (3.24%), Cholesterol: 0.68mg (0.23%), Sodium: 497.7mg (21.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.97%), Selenium: 27.82µg (39.75%), Vitamin B1: 0.32mg (21.59%), Vitamin K: 22.5µg (21.43%), Manganese: 0.43mg (21.39%), Folate: 80.37µg (20.09%), Iron: 2.47mg (13.73%), Vitamin B2: 0.23mg (13.53%), Vitamin B3: 2.6mg (13%), Calcium: 114.34mg (11.43%), Fiber: 2.79g (11.14%), Phosphorus: 99.24mg (9.92%), Vitamin A: 493.66IU (9.87%), Magnesium: 35.43mg (8.86%), Copper: 0.13mg (6.56%), Vitamin C: 5.28mg (6.4%), Potassium: 202.58mg (5.79%), Zinc: 0.8mg (5.36%), Vitamin B6: 0.08mg (4.09%), Vitamin B5: 0.41mg (4.08%), Vitamin E: 0.39mg (2.57%)