



Porchetta Sandwiches

READY IN



15 min.

SERVINGS



1

CALORIES



316 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon grainy mustard
- ☐ 1 tablespoon truffled mayonnaise mixed with 1 tablespoon mayonnaise), optional
- ☐ 1 tablespoon parmigiano reggiano shaved
- ☐ 0.3 pound braised rapini
- ☐ 1 sandwich rolls cut in half

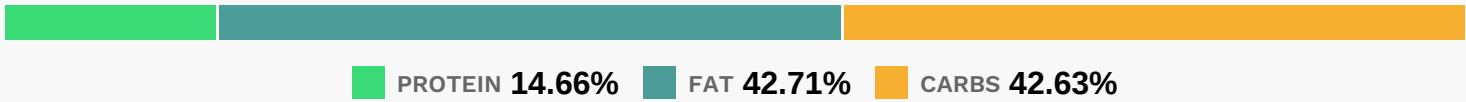
Equipment

Directions

☐

 Assemble sandwich and enjoy.

Nutrition Facts



Properties

Glycemic Index:141, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:23.849130458158%

Flavonoids

Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 315.91kcal (15.8%), Fat: 15.28g (23.5%), Saturated Fat: 2.94g (18.35%), Carbohydrates: 34.31g (11.44%), Net Carbohydrates: 29.29g (10.65%), Sugar: 1.77g (1.97%), Cholesterol: 9.28mg (3.09%), Sodium: 681.5mg (29.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.8g (23.59%), Vitamin K: 277.48µg (264.27%), Vitamin A: 3032.1IU (60.64%), Selenium: 29.97µg (42.81%), Manganese: 0.77mg (38.73%), Folate: 150.37µg (37.59%), Vitamin B1: 0.49mg (32.52%), Vitamin C: 22.97mg (27.84%), Iron: 4.61mg (25.58%), Calcium: 246.39mg (24.64%), Vitamin B2: 0.37mg (21.59%), Fiber: 5.02g (20.07%), Vitamin B3: 3.9mg (19.49%), Phosphorus: 193.62mg (19.36%), Vitamin E: 2.6mg (17.33%), Magnesium: 49.88mg (12.47%), Vitamin B6: 0.23mg (11.49%), Zinc: 1.66mg (11.09%), Potassium: 313.72mg (8.96%), Copper: 0.16mg (7.79%), Vitamin B5: 0.69mg (6.91%), Vitamin B12: 0.08µg (1.28%)