



Pressed Coppa Sandwiches with Broccoli Rabe Pesto

♥♥ Popular

READY IN



45 min.

SERVINGS



4

CALORIES



687 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bread country-style
- ☐ 1 pound broccoli rabe (rapini; 1 large bunch)
- ☐ 4 ounces coppa sweet thinly sliced
- ☐ 6 garlic cloves smashed
- ☐ 2 teaspoons honey
- ☐ 4 servings kosher salt
- ☐ 4 servings olive oil (for skillet)

- ☐ 0.5 cup pecorino finely grated
- ☐ 8 ounces provolone cheese thinly sliced
- ☐ 1 teaspoon pepper flakes red crushed

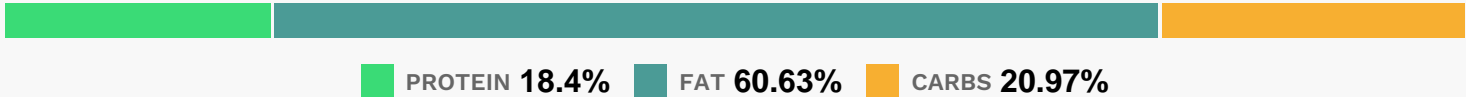
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ aluminum foil
- ☐ panini press

Directions

- ☐ Cook broccoli rabe in a large pot of boiling salted water until bright green, about 30 seconds; drain (reserve pot).
- ☐ Transfer to a bowl of ice water to cool.
- ☐ Drain. Squeeze out water; cut into 1" pieces.
- ☐ Combine broccoli rabe, garlic, oil, and red pepper flakes in reserved pot. Cook over low heat, stirring often, until broccoli rabe is very soft, 40–50 minutes.
- ☐ Let pesto cool slightly.
- ☐ Mix in Pecorino and honey.
- ☐ Build sandwiches with bread, provolone, coppa, and broccoli rabe pesto.
- ☐ Brush a large skillet with oil; heat over mediumlow heat. Working in batches and brushing skillet with oil as needed, add sandwiches to pan, cover with foil, and place a heavy skillet on top. Cook until bread is toasted and cheese melts, 4–5 minutes per side (you can also use a lightly oiled panini press).
- ☐ DO AHEAD: Pesto can be made 3 days ahead. Cover; chill.

Nutrition Facts



Properties

Glycemic Index:56.73, Glycemic Load:16.72, Inflammation Score:-10, Nutrition Score:34.192174185877%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 686.51kcal (34.33%), Fat: 46.89g (72.13%), Saturated Fat: 18.04g (112.73%), Carbohydrates: 36.48g (12.16%), Net Carbohydrates: 30.91g (11.24%), Sugar: 7g (7.78%), Cholesterol: 70.83mg (23.61%), Sodium: 1255.35mg (54.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.02g (64.04%), Vitamin K: 267.31µg (254.58%), Calcium: 765.8mg (76.58%), Vitamin A: 3684.39IU (73.69%), Manganese: 1.21mg (60.69%), Phosphorus: 580.6mg (58.06%), Selenium: 33.76µg (48.23%), Folate: 148.61µg (37.15%), Vitamin B1: 0.52mg (34.52%), Vitamin B2: 0.55mg (32.33%), Vitamin C: 24.44mg (29.63%), Vitamin E: 4.43mg (29.57%), Vitamin B3: 5.85mg (29.23%), Iron: 5.21mg (28.93%), Zinc: 4.03mg (26.84%), Vitamin B6: 0.45mg (22.53%), Fiber: 5.58g (22.31%), Magnesium: 74.26mg (18.56%), Vitamin B12: 1.11µg (18.49%), Potassium: 476.14mg (13.6%), Vitamin B5: 1.34mg (13.38%), Copper: 0.18mg (9.04%), Vitamin D: 0.46µg (3.06%)