



## Pressed Italian Sandwich with Pesto

READY IN



14 min.

SERVINGS



8

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 16 ounce ciabatta bread
- ☐ 0.8 ounce mozzarella cheese
- ☐ 8 servings pesto
- ☐ 6 ounces pancetta very thinly sliced
- ☐ 1 cup bottled roasted bell pepper red drained cut into strips

### Equipment

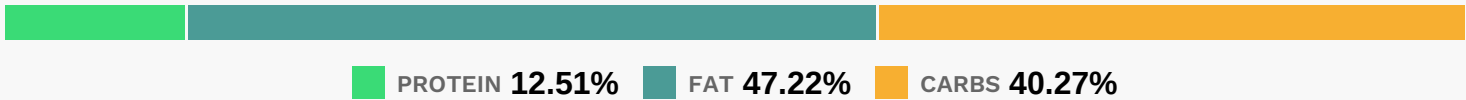
- ☐ frying pan

- ☐ plastic wrap
- ☐ aluminum foil

## Directions

- ☐ Slice ciabatta in half horizontally. Hollow out top and bottom halves of bread; reserve torn bread for another use.
- ☐ Spread Pesto over bottom half of bread.
- ☐ Layer prosciutto, bell pepper strips, and cheese over pesto; sprinkle with pepper. Replace top half of bread. Wrap loaf in plastic wrap and foil, and place on a plate; top with a heavy skillet filled with heavy cans. Refrigerate 2 hours or overnight.
- ☐ Remove foil and plastic wrap; cut sandwich into 8 pieces.

## Nutrition Facts



## Properties

Glycemic Index:7.38, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:3.0891304599202%

## Nutrients (% of daily need)

Calories: 287.83kcal (14.39%), Fat: 15.03g (23.13%), Saturated Fat: 4.37g (27.33%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 27.76g (10.09%), Sugar: 0.51g (0.56%), Cholesterol: 17.33mg (5.78%), Sodium: 815.08mg (35.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.92%), Vitamin C: 8.14mg (9.86%), Vitamin A: 419.58IU (8.39%), Selenium: 4.78µg (6.83%), Vitamin B3: 0.95mg (4.77%), Calcium: 46.09mg (4.61%), Vitamin B6: 0.09mg (4.44%), Phosphorus: 43.62mg (4.36%), Fiber: 1.09g (4.36%), Vitamin B1: 0.06mg (4.26%), Vitamin B12: 0.17µg (2.78%), Zinc: 0.36mg (2.4%), Potassium: 70.5mg (2.01%), Manganese: 0.04mg (1.96%), Iron: 0.33mg (1.84%), Vitamin B2: 0.03mg (1.77%), Copper: 0.03mg (1.64%), Vitamin B5: 0.13mg (1.29%), Magnesium: 5.11mg (1.28%)