



## Pressed Italian Sandwiches

READY IN



20 min.

SERVINGS



8

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 8 servings pepper black freshly ground
- ☐ 1 ciabatta loaf
- ☐ 6 leaves basil fresh
- ☐ 8 ounces mozzarella cheese fresh sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup olive tapenade green black store-bought
- ☐ 3 ounces pancetta thinly sliced
- ☐ 1 roasted bell pepper red chopped

- ☐ 0.3 pound genoa salami thinly sliced
- ☐ 0.3 pound spicy cuts italian such as coppa or capocollo cold thinly sliced

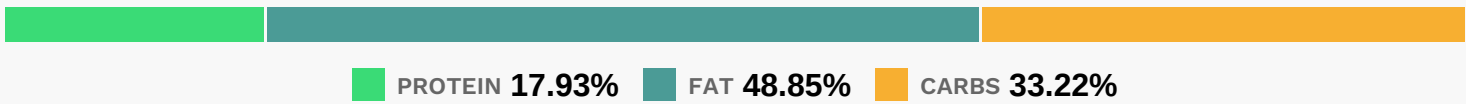
## Equipment

- ☐ pot
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ cutting board

## Directions

- ☐ Cut ciabatta in half horizontally.
- ☐ Spread bottom half with tapenade.
- ☐ Drizzle cut side of top half with vinegar and oil.
- ☐ Arrange salami on top of tapenade, followed by the prosciutto, cold cuts, mozzarella, red pepper, and basil.
- ☐ Sprinkle with pepper to taste and place top half of loaf on filling.
- ☐ Wrap sandwich thoroughly with plastic wrap or foil.
- ☐ Place a heavy cutting board or other flat object on top of sandwich and weight it down with a 2- to 4-lb. weight (such as a large pot or six-pack of soda).
- ☐ Let sit 30 minutes to 2 hours. Unwrap, cut into eighths, and serve.

## Nutrition Facts



## Properties

Glycemic Index:31.5, Glycemic Load:1.05, Inflammation Score:-3, Nutrition Score:8.0908695459366%

## Nutrients (% of daily need)

Calories: 357.18kcal (17.86%), Fat: 19.31g (29.71%), Saturated Fat: 7.55g (47.16%), Carbohydrates: 29.55g (9.85%), Net Carbohydrates: 28.63g (10.41%), Sugar: 1.64g (1.83%), Cholesterol: 40.61mg (13.54%), Sodium: 909.72mg (39.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.95g (31.91%), Vitamin C: 22.59mg (27.38%), Vitamin

B12: 1.1µg (18.27%), Phosphorus: 156.27mg (15.63%), Selenium: 10.65µg (15.21%), Calcium: 151.64mg (15.16%), Vitamin B1: 0.18mg (12.08%), Zinc: 1.6mg (10.67%), Vitamin B6: 0.2mg (9.88%), Vitamin B2: 0.15mg (8.8%), Vitamin A: 374.9IU (7.5%), Vitamin B3: 1.46mg (7.29%), Vitamin K: 6.46µg (6.16%), Vitamin E: 0.71mg (4.7%), Potassium: 155.52mg (4.44%), Manganese: 0.08mg (3.79%), Magnesium: 14.72mg (3.68%), Fiber: 0.92g (3.67%), Iron: 0.61mg (3.36%), Copper: 0.06mg (2.92%), Vitamin B5: 0.28mg (2.82%), Folate: 6.54µg (1.64%), Vitamin D: 0.16µg (1.04%)