



Pressed Italian Sandwiches with Sun-Dried Tomato Spread

READY IN



22 min.

SERVINGS



6

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons balsamic vinegar
- 0.3 teaspoon pepper black
- 16 ounce ciabatta bread halved
- 8 ounce block cream cheese fat-free
- 20 basil leaves fresh
- 1 garlic clove halved
- 3.5 ounce pancetta
- 12 ounce roasted bell peppers red dry drained thinly sliced

- 0.5 cup sun-dried tomatoes packed
- 0.5 cup water boiling

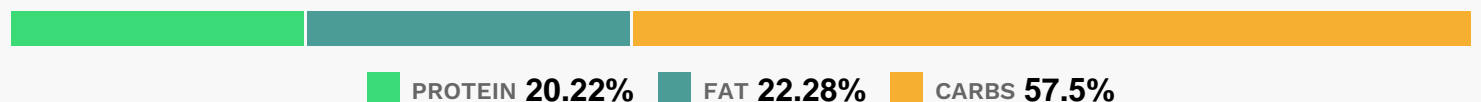
Equipment

- food processor
- bowl
- baking sheet
- plastic wrap

Directions

- Combine tomatoes and boiling water in a small bowl; let stand 10 minutes.
- Drain.
- While tomatoes stand, hollow out top half of loaf, leaving a 1/2-inch border around top inside edge. Reserve bread pieces for another use.
- Process tomatoes, cream cheese, garlic, and pepper in a food processor until smooth.
- Spread tomato mixture on cut sides of bread halves.
- Layer 10 basil leaves on bottom bread half, and top evenly with half of prosciutto. Top evenly with pepper slices and remaining prosciutto.
- Drizzle with balsamic vinegar.
- Layer remaining 10 basil leaves over sandwich; place top bread half on sandwich.
- Wrap sandwich in plastic wrap, and place on a baking sheet; place another baking sheet on top of sandwich, and weigh down with several heavy cans. Chill 8 hours or overnight.
- Cut into 6 equal servings.

Nutrition Facts



Properties

Glycemic Index:35.33, Glycemic Load:1.37, Inflammation Score:-5, Nutrition Score:10.703478307828%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 318.58kcal (15.93%), Fat: 7.98g (12.28%), Saturated Fat: 2.83g (17.69%), Carbohydrates: 46.36g (15.45%), Net Carbohydrates: 43.67g (15.88%), Sugar: 5.71g (6.35%), Cholesterol: 15.54mg (5.18%), Sodium: 1533.65mg (66.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.3g (32.6%), Vitamin C: 30.35mg (36.79%), Phosphorus: 267.56mg (26.76%), Calcium: 171.4mg (17.14%), Potassium: 543.75mg (15.54%), Manganese: 0.3mg (15.21%), Copper: 0.24mg (11.79%), Fiber: 2.69g (10.77%), Vitamin B2: 0.18mg (10.43%), Vitamin B6: 0.2mg (10.16%), Vitamin B3: 1.92mg (9.58%), Vitamin A: 471.99IU (9.44%), Vitamin K: 9.7µg (9.23%), Magnesium: 35.81mg (8.95%), Selenium: 5.96µg (8.51%), Vitamin B1: 0.13mg (8.35%), Iron: 1.49mg (8.31%), Vitamin B12: 0.44µg (7.37%), Folate: 29.47µg (7.37%), Zinc: 1.07mg (7.13%), Vitamin B5: 0.63mg (6.3%)