



Pressed Mediterranean Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



896 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bread crumbs italian
- ☐ 16 basil fresh
- ☐ 0.3 cup olive oil
- ☐ 2 teaspoons red wine vinegar
- ☐ 0.8 pound genoa salami sliced
- ☐ 8 servings salt and pepper
- ☐ 4 tomatoes ripe sliced

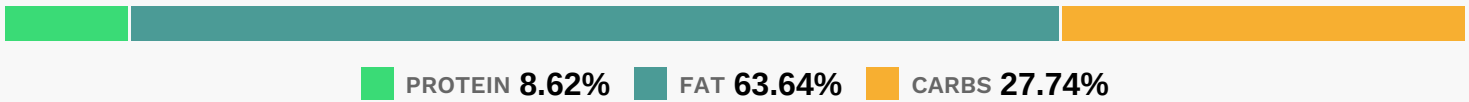
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ In a small bowl, whisk together oil and vinegar. Season with salt and pepper.
- ☐ Halve each loaf, starting at one side, but don't cut through second side. Press loaves open and remove some soft center to hollow out slightly.
- ☐ Brush each loaf generously with oil mixture; set aside some oil mixture.
- ☐ Cover each bottom half with salami and then tomatoes; brush tomatoes with remaining oil. Insert basil leaves between tomato slices. Close sandwiches and wrap each with 2 layers of plastic wrap or aluminum foil; place on a baking sheet and put in refrigerator.
- ☐ Place a large cutting board or another baking sheet on sandwiches and weigh it down with about 12 pounds of canned food to press sandwiches; refrigerate for 3 hours (see inset above). Quarter crosswise and serve.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:13.751739227253%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 896.06kcal (44.8%), Fat: 63.44g (97.61%), Saturated Fat: 28.06g (175.37%), Carbohydrates: 62.21g (20.74%), Net Carbohydrates: 57.5g (20.91%), Sugar: 36.61g (40.68%), Cholesterol: 33.59mg (11.2%), Sodium: 1578.38mg (68.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.34g (38.68%), Vitamin B3: 7.85mg (39.25%), Vitamin B1: 0.58mg (38.47%), Folate: 81.97µg (20.49%), Vitamin B12: 1.19µg (19.84%), Fiber: 4.71g (18.86%), Iron: 3.18mg (17.67%), Potassium: 555.23mg (15.86%), Phosphorus: 154.59mg (15.46%), Selenium: 10.8µg (15.43%), Vitamin B2: 0.25mg (14.97%), Vitamin B6: 0.28mg (14.22%), Zinc: 2.12mg (14.16%), Vitamin K: 13.6µg (12.95%), Vitamin A: 554.49IU (11.09%), Vitamin E: 1.63mg (10.9%), Vitamin C: 8.58mg (10.39%), Magnesium: 35.94mg (8.98%), Manganese: 0.11mg (5.51%), Copper: 0.11mg (5.38%), Vitamin B5: 0.51mg (5.07%), Calcium: 13.38mg (1.34%)