



Pressed picnic sandwich

 Popular

READY IN



28 min.

SERVINGS



8

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings ciabatta bread sliced in half lengthways
- ☐ 3 tbsp olive oil
- ☐ 1 tbsp balsamic vinegar
- ☐ 2 garlic clove finely chopped
- ☐ 1 tsp dijon mustard
- ☐ 2 handfuls baby spinach
- ☐ 8 marinated artichoke quartered
- ☐ 250 g roasted peppers red

- ☐ 8 slices pancetta
- ☐ 1 handful basil
- ☐ 125 g mozzarella cheese cut into slices
- ☐ 0.5 onion red very finely sliced

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Ask an adult to slice the ciabatta loaf in half lengthways and heat the oven to 200C/180C fan/gas
- ☐ Put the ciabatta loaf halves, crust-side down, on a large baking tray and drizzle with a little olive oil. Pop them in the oven for a few mins until just golden and lightly toasted.
- ☐ Put the olive oil, balsamic vinegar, garlic and mustard in a bowl, then whisk them together with a fork.
- ☐ Remove the toasted ciabatta halves from the tray and drizzle the bottom slice with about half of the dressing.
- ☐ Arrange the rest of the ingredients in layers. Start with a large handful of baby spinach, then a few artichoke hearts.
- ☐ Next add the slices of pepper, the prosciutto, basil, mozzarella and, finally, the red onion.
- ☐ Drizzle over the rest of the dressing and pop the other slice of ciabatta on top.
- ☐ Press down on the sandwich to squash all the layers together.
- ☐ Wrap the sandwich in baking parchment and tie it together with a couple of pieces of string.
- ☐ Place a heavy baking tray on top of your sandwich and top it with weights or loaf tins filled with baking beans. Pop it all in the fridge overnight or until you are ready to eat it.
- ☐ Cut and serve in slices for the perfect picnic snack.

Nutrition Facts



 **PROTEIN 12.62%**  **FAT 57.9%**  **CARBS 29.48%**

Properties

Glycemic Index:33.5, Glycemic Load:0.51, Inflammation Score:-7, Nutrition Score:8.5969564966534%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 251.48kcal (12.57%), Fat: 16.14g (24.83%), Saturated Fat: 4.41g (27.56%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 16.62g (6.04%), Sugar: 1.23g (1.37%), Cholesterol: 17.62mg (5.87%), Sodium: 893.12mg (38.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.83%), Vitamin K: 40.83µg (38.89%), Vitamin C: 26.46mg (32.07%), Vitamin A: 1418.2IU (28.36%), Calcium: 112.51mg (11.25%), Phosphorus: 81.09mg (8.11%), Manganese: 0.15mg (7.62%), Fiber: 1.87g (7.49%), Selenium: 4.79µg (6.84%), Vitamin B12: 0.4µg (6.6%), Vitamin E: 0.98mg (6.52%), Vitamin B6: 0.12mg (5.78%), Folate: 22.19µg (5.55%), Iron: 0.95mg (5.3%), Vitamin B2: 0.08mg (4.56%), Zinc: 0.67mg (4.5%), Potassium: 132.2mg (3.78%), Magnesium: 15.02mg (3.76%), Copper: 0.06mg (3.12%), Vitamin B1: 0.05mg (3.09%), Vitamin B3: 0.58mg (2.92%)