



## Radicchio, Roasted Pepper, and Provolone Ciabatta Sandwiches

READY IN



25 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons balsamic vinegar
- 10 basil leaves
- 0.3 teaspoon pepper black freshly ground
- 12 ounces ciabatta bread split ( )
- 2 tablespoons dijon mustard
- 0.5 teaspoon kosher salt
- 2 tablespoons olive oil
- 4 oz aged provolone cheese

- 7 oz radicchio thinly separated cored
- 16 oz roasted peppers red dry halved drained
- 4 ounces genoa salami dry thinly sliced

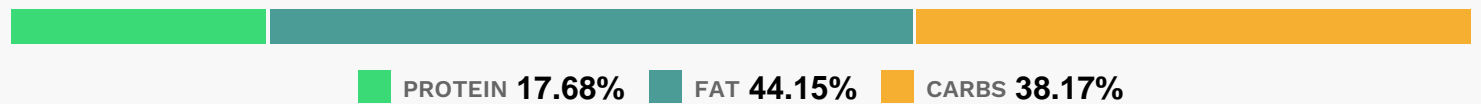
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 35
- Put radicchio on a large rimmed baking sheet. Lightly brush all over with oil, sprinkle with salt and pepper, and bake until wilted, 8 to 10 minutes. Meanwhile, open up bread on another baking sheet and bake until lightly toasted, 8 minutes.
- Let radicchio and bread cool.
- Layer radicchio on bottom half of ciabatta, then top with roasted peppers, provolone, salami, and basil. Close bread and cut into 4 sandwiches.
- Combine vinegar and mustard in a small bowl. Just before serving, drizzle dressing into sandwiches through a cut side.
- Serve with plenty of napkins.
- Keeps: Up to 2 hours at room temperature, 3 hours with ice packs.

## Nutrition Facts



## Properties

Glycemic Index:59.75, Glycemic Load:1.02, Inflammation Score:-8, Nutrition Score:21.176087024419%

## Flavonoids

Cyanidin: 63mg, Cyanidin: 63mg, Cyanidin: 63mg, Cyanidin: 63mg Delphinidin: 3.81mg, Delphinidin: 3.81mg, Delphinidin: 3.81mg, Delphinidin: 3.81mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 18.85mg, Luteolin: 18.85mg, Luteolin: 18.85mg, Luteolin: 18.85mg Quercetin: 15.63mg, Quercetin: 15.63mg

Quercetin: 15.63mg, Quercetin: 15.63mg

## Nutrients (% of daily need)

Calories: 515.51kcal (25.78%), Fat: 25.42g (39.11%), Saturated Fat: 9.63g (60.17%), Carbohydrates: 49.46g (16.49%), Net Carbohydrates: 46.35g (16.85%), Sugar: 1.76g (1.96%), Cholesterol: 41.96mg (13.99%), Sodium: 3202.1mg (139.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.91g (45.81%), Vitamin K: 135.81µg (129.35%), Vitamin C: 56.91mg (68.98%), Calcium: 283.39mg (28.34%), Phosphorus: 258.44mg (25.84%), Vitamin B1: 0.32mg (21.33%), Selenium: 14.66µg (20.94%), Vitamin B6: 0.41mg (20.69%), Vitamin B12: 1.21µg (20.13%), Copper: 0.38mg (19.13%), Vitamin A: 911.3IU (18.23%), Zinc: 2.68mg (17.89%), Manganese: 0.34mg (17.13%), Vitamin E: 2.23mg (14.87%), Vitamin B2: 0.24mg (14.02%), Potassium: 486.62mg (13.9%), Folate: 52.54µg (13.13%), Fiber: 3.1g (12.45%), Vitamin B3: 2.43mg (12.17%), Iron: 1.97mg (10.93%), Magnesium: 38.52mg (9.63%), Vitamin B5: 0.64mg (6.38%)