



Roast Pork and Provolone Melt

READY IN



45 min.

SERVINGS



4

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic cloves coarsely chopped
- ☐ 2 jalapeño chiles seeded coarsely chopped
- ☐ 4 servings catsup
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup olives green spanish
- ☐ 1 large onion thinly sliced
- ☐ 1 cup parsley coarsely chopped
- ☐ 6 ounces thick of provolone italian
- ☐ 1 pound roast pork thinly sliced

- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 large kaiser rolls split
- ☐ 1 tablespoon citrus champagne vinegar

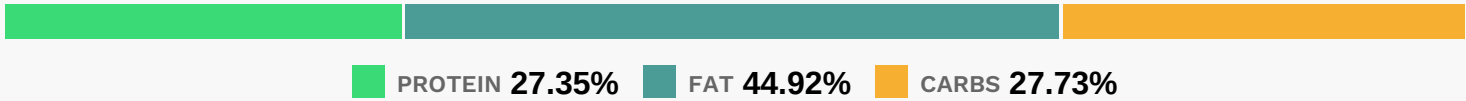
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 40
- ☐ In a food processor, combine the parsley, olives, garlic, jalapeos and vinegar. Process to a coarse paste.
- ☐ Add the olive oil and process briefly until thick. Scrape the olive paste into a small bowl and season with salt and pepper.
- ☐ Spread a thin layer of ketchup on the bottom half of the rolls.
- ☐ Layer one-fourth of the pork, sliced onion and Provolone on top. Set the sandwiches on a baking sheet; bake for about 2 minutes, or until the Provolone melts.
- ☐ Spread 2 tablespoons of the olive paste on the top halves of the rolls. Assemble the sandwiches, cut them in half and serve.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:24.35, Inflammation Score:-9, Nutrition Score:29.90782617486%

Flavonoids

Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg

Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 630kcal (31.5%), Fat: 31.4g (48.31%), Saturated Fat: 10.52g (65.77%), Carbohydrates: 43.6g (14.53%), Net Carbohydrates: 40.57g (14.75%), Sugar: 9.88g (10.97%), Cholesterol: 100.78mg (33.59%), Sodium: 1261.2mg (54.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.02g (86.04%), Vitamin K: 255.41µg (243.25%), Iron: 12.75mg (70.82%), Selenium: 38.28µg (54.68%), Vitamin B6: 1.02mg (51.13%), Phosphorus: 494.63mg (49.46%), Vitamin C: 32.13mg (38.94%), Calcium: 377.9mg (37.79%), Vitamin A: 1857.43IU (37.15%), Vitamin B1: 0.55mg (36.77%), Vitamin B3: 7.18mg (35.88%), Zinc: 3.7mg (24.67%), Vitamin B2: 0.41mg (23.88%), Vitamin B12: 1.2µg (19.99%), Vitamin E: 2.99mg (19.94%), Potassium: 694.86mg (19.85%), Magnesium: 58.03mg (14.51%), Fiber: 3.03g (12.11%), Vitamin B5: 1.2mg (11.95%), Folate: 37.97µg (9.49%), Copper: 0.16mg (7.75%), Manganese: 0.13mg (6.68%), Vitamin D: 0.67µg (4.44%)