



Spicy Salami Sandwich with Olive Tapenade and Goat Cheese

READY IN



15 min.

SERVINGS



4

CALORIES



1346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce arugula packed
- ☐ 8 ounces olives black pitted drained (kalamata or nicoise)
- ☐ 1 tablespoon capers drained
- ☐ 4 flour
- ☐ 0.3 cup parsley fresh packed
- ☐ 2 medium cloves garlic
- ☐ 0.3 cup goat cheese crumbled
- ☐ 4 servings pepper black freshly ground

- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper dried red
- ☐ 1 tablespoon red wine vinegar
- ☐ 4 roasted peppers red jarred drained
- ☐ 4 ounces genoa salami sliced

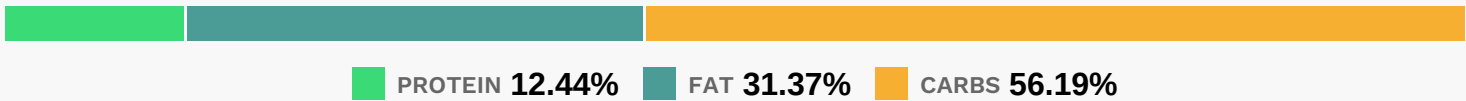
Equipment

- ☐ food processor

Directions

- ☐ Combine olives, garlic, parsley, pepper flakes, capers, vinegar, lemon juice, and olive oil in a food processor and pulse until everything is well combined and chopped fine, 8 to 10 short pulses. Season to taste with salt and freshly ground black pepper.
- ☐ To make the sandwiches, split each of the focaccia rolls in half.
- ☐ Spread about 1 tablespoon of the tapenade on the tops and bottoms of the focaccia rolls.
- ☐ Place a roasted red bell pepper on each of the bottom halves of the sandwiches, followed by a layer of salami, and a layer of arugula. Divide the goat cheese evenly among the sandwiches. Top with the remaining tapenade-covered focaccia and serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:74.47, Inflammation Score:-7, Nutrition Score:15.380869487058%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 5.16mg, Kaempferol: 5.16mg, Kaempferol: 5.16mg, Kaempferol: 5.16mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 1345.63kcal (67.28%), Fat: 47.82g (73.58%), Saturated Fat: 7.6g (47.47%), Carbohydrates: 192.76g (64.25%), Net Carbohydrates: 183.59g (66.76%), Sugar: 7.18g (7.97%), Cholesterol: 28.92mg (9.64%), Sodium: 4276.86mg (185.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.66g (85.32%), Vitamin K: 75.3µg (71.72%), Fiber: 9.17g (36.67%), Vitamin C: 25.28mg (30.64%), Vitamin E: 3.33mg (22.17%), Vitamin A: 1086.6IU (21.73%), Vitamin B1: 0.31mg (20.38%), Vitamin B6: 0.31mg (15.35%), Copper: 0.29mg (14.59%), Vitamin B12: 0.82µg (13.68%), Selenium: 8.52µg (12.16%), Phosphorus: 120.4mg (12.04%), Vitamin B2: 0.18mg (10.51%), Vitamin B3: 2.1mg (10.5%), Zinc: 1.52mg (10.12%), Iron: 1.7mg (9.43%), Calcium: 89.61mg (8.96%), Manganese: 0.17mg (8.28%), Potassium: 251.59mg (7.19%), Magnesium: 25.79mg (6.45%), Folate: 23.77µg (5.94%), Vitamin B5: 0.49mg (4.87%)