



The Spuckie from Cutty's

READY IN



45 min.

SERVINGS



2

CALORIES



2745 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound capicola hot thinly sliced
- ☐ 4 small carrots shredded peeled
- ☐ 6 tablespoons olive oil extra virgin plus more for drizzling)
- ☐ 1 pound mozzarella fresh drained thinly sliced
- ☐ 1 medium clove garlic grated
- ☐ 0.5 cup olive green pitted finely chopped
- ☐ 0.5 cup kalamata olives pitted finely chopped
- ☐ 2 servings pepper black freshly ground
- ☐ 0.5 pound mortadella thinly sliced

- ☐ 3 tablespoons red wine vinegar
- ☐ 0.3 cup roasted peppers red drained finely chopped
- ☐ 2 ciabatta bread ciabatta-style sliced in half

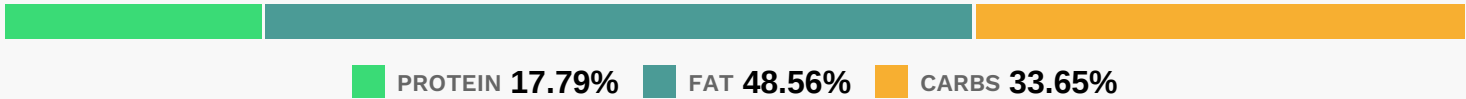
Equipment

- ☐ bowl
- ☐ cutting board

Directions

- ☐ Combine carrots, olives, peppers, garlic, vinegar, and olive oil in a medium bowl. Season to taste with salt and pepper. Open ciabatti and place cut-side up on a cutting board.
- ☐ Spread 1/3 of mixture evenly over bottom half of each loaf of ciabatta. Divide remaining mixture evenly over top half of each loaf. Arrange mortadella evenly over bottom halves, then layer on finocchiona, capicola, and mozzarella.
- ☐ Drizzle with more olive oil. Close sandwiches, cut as desired, and serve.

Nutrition Facts



Properties

Glycemic Index:81.92, Glycemic Load:5.64, Inflammation Score:-10, Nutrition Score:42.038260584292%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 2745.21kcal (137.26%), Fat: 149.45g (229.92%), Saturated Fat: 54.67g (341.67%), Carbohydrates: 232.95g (77.65%), Net Carbohydrates: 222.71g (80.98%), Sugar: 7.46g (8.28%), Cholesterol: 293.13mg (97.71%), Sodium: 7603.63mg (330.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 123.18g (246.37%), Vitamin A: 18596.1IU (371.92%), Calcium: 1245.94mg (124.59%), Vitamin B12: 6.85µg (114.15%), Phosphorus: 958.31mg (95.83%), Selenium: 65.16µg (93.09%), Vitamin E: 9.96mg (66.42%), Zinc: 9.33mg (62.18%), Vitamin B2: 0.89mg (52.07%),

Vitamin K: 46.65µg (44.43%), Fiber: 10.24g (40.98%), Iron: 4.41mg (24.49%), Vitamin B3: 4.51mg (22.57%), Vitamin B6: 0.44mg (22.01%), Potassium: 747.64mg (21.36%), Magnesium: 80.63mg (20.16%), Vitamin B1: 0.29mg (19.38%), Vitamin C: 14.62mg (17.72%), Manganese: 0.32mg (16.06%), Vitamin D: 2.04µg (13.61%), Copper: 0.25mg (12.49%), Vitamin B5: 1.12mg (11.24%), Folate: 43.16µg (10.79%)