



WHATSheATE



Vegetable Antipasto Stuffed Bread



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



798 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce artichoke hearts in water drained quartered canned
- ☐ 4 servings coarse salt and pepper black
- ☐ 1 loaf top
- ☐ 0.3 pound deli provolone sliced
- ☐ 1 cup in bulk bins near deli section (italian with bulk olives) hot
- ☐ 0.3 cup oil cured olives black pitted chopped
- ☐ 0.3 cup sun-dried tomatoes in olive oil drained chopped
- ☐ 4 servings olive oil extra-virgin for drizzling

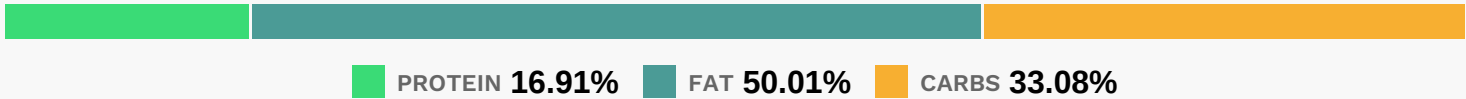
- ☐ 0.5 cup pesto sauce prepared
- ☐ 1 jar roasted peppers red drained

Equipment

Directions

- ☐ Cut the top off a loaf of crusty bread. Hollow out the inside of the bread.
- ☐ Mix chopped sun-dried tomatoes, chopped olives and store bought or homemade pesto sauce.
- ☐ Spread the mixture evenly across the bottom of the hollowed out bread.
- ☐ Layer the cheese into the loaf.
- ☐ Layer the roasted red peppers on top of the cheese. Coarsely chop the drained artichoke hearts and add them in a layer over the red peppers.
- ☐ Sprinkle in the chopped hot pickled vegetables and drizzle some extra-virgin olive oil on top. Replace the top, cut the stuffed loaf into pieces and serve.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:40.91, Inflammation Score:-8, Nutrition Score:29.278695396755%

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

Nutrients (% of daily need)

Calories: 798.16kcal (39.91%), Fat: 44.31g (68.17%), Saturated Fat: 9.92g (61.98%), Carbohydrates: 65.95g (21.98%), Net Carbohydrates: 59.47g (21.63%), Sugar: 9.06g (10.07%), Cholesterol: 56.73mg (18.91%), Sodium: 3819.67mg (166.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.72g (67.43%), Vitamin B1: 1.3mg (86.35%), Selenium: 49.17µg (70.24%), Vitamin C: 42.22mg (51.18%), Vitamin B3: 9.83mg (49.16%), Vitamin B2: 0.68mg (40%), Manganese: 0.8mg (39.98%), Folate: 144.15µg (36.04%), Iron: 6.28mg (34.87%), Phosphorus: 334.06mg (33.41%), Vitamin B6: 0.62mg (30.81%), Fiber: 6.48g (25.91%), Vitamin A: 1160.21IU (23.2%), Zinc: 3.36mg (22.42%), Copper: 0.44mg (22.15%), Potassium: 730.88mg (20.88%), Vitamin E: 2.86mg (19.09%), Magnesium: 72.25mg (18.06%),

Calcium: 155.09mg (15.51%), Vitamin K: 12.2µg (11.62%), Vitamin B12: 0.56µg (9.33%), Vitamin B5: 0.91mg (9.12%),
Vitamin D: 0.61µg (4.08%)