



What I Did on My Summer Vacation (plus Salami, Prosciutto & Provolone Panini)

READY IN



83 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon capers rinsed chopped
- ☐ 0.3 cup cucumbers seeded chopped
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 4 large ciabatta rolls
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.3 cup bell peppers green chopped
- ☐ 4 slices pancetta
- ☐ 8 slices provolone cheese

- ☐ 0.3 cup onion red chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 cup roma tomatoes seeded chopped
- ☐ 8 slices genoa salami
- ☐ 4 servings salt and pepper black

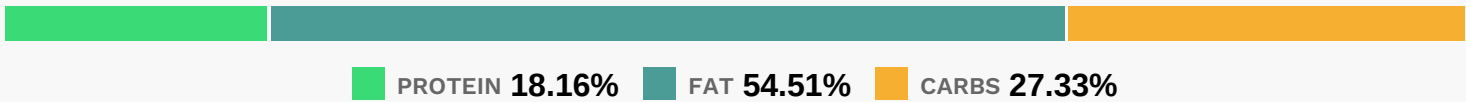
Equipment

- ☐ grill

Directions

- ☐ Cut a ciabatta roll in half lengthwise to create a top and bottom.
- ☐ Spread 1 to 2 tablespoons of the Italian-style salsa inside the bottom half.
- ☐ Add a slice of cheese, two slices of salami, a slice of prosciutto and a second slice of cheese. Top with another 1 to 2 tablespoons of the salsa. Close the sandwich with the top ciabatta half.Grill for 3 to 4 minutes until the cheese is melted and the bread is toasted.
- ☐ Cut in half and serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:0.86, Inflammation Score:-5, Nutrition Score:10.607826118884%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 444.42kcal (22.22%), Fat: 26.87g (41.33%), Saturated Fat: 10.92g (68.22%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 28.87g (10.5%), Sugar: 1.76g (1.96%), Cholesterol: 45.72mg (15.24%), Sodium: 1262.69mg (54.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.14g (40.29%), Calcium: 300.58mg (30.06%),

Phosphorus: 256.19mg (25.62%), Vitamin B12: 1.1µg (18.31%), Selenium: 11.78µg (16.82%), Vitamin C: 12.85mg (15.57%), Vitamin B1: 0.22mg (14.72%), Zinc: 2.19mg (14.59%), Vitamin A: 679.86IU (13.6%), Vitamin K: 13.36µg (12.72%), Vitamin B2: 0.2mg (12.02%), Vitamin B6: 0.21mg (10.54%), Vitamin E: 1.35mg (9.03%), Vitamin B3: 1.65mg (8.23%), Potassium: 255.4mg (7.3%), Magnesium: 23.35mg (5.84%), Fiber: 1.44g (5.75%), Manganese: 0.1mg (4.92%), Vitamin B5: 0.49mg (4.86%), Copper: 0.09mg (4.38%), Iron: 0.75mg (4.19%), Folate: 13.73µg (3.43%), Vitamin D: 0.22µg (1.48%)